

Mindfulness in Relationships

In this workshop, Buddhist practitioner and psychotherapist, John Amodeo, will address some of what he writes about in his book, *Dancing with Fire: A Mindful Way to Loving Relationships*, which explores the power of mindfulness to cultivate deeper connections. He will talk about how to practice true intimacy in the face of the stresses and conflicts that arise as part of the human condition.

(workshop followed by lunch)

Saturday April 19th: 10.30 am-1.00 pm

Fee: \$50 or what you can afford

(Pay less if you buy the book worth \$15)

The Easter Experience of Death and Rebirth in Relationships

Death and rebirth happen with every breath, in every interaction, in every relationship. John Amodeo will explore how being freshly present with our authentically arising experience from moment to moment can enliven our lives and deepen relationships.

(Dharma talk at the Sunday Service)

Sunday April 20th 10 am to 11.30 am

Donations welcome

