



## — THE SAVANT MINDFUL MEDITATION PROGRAM —

*A unique program for community*

- Supports greater health & wellbeing by decreasing stress, tension and anxiety, through mindfulness
  - Calms the mind and opens the pathways to the brain by increasing mental focus and creative thinking
- Enhances team work, cooperation and mutual respect in the workplace
- Improves productivity by reducing absenteeism due to mental work related issues.



DANCE FOR PEACE  
*Education Innovation Transformation*



# THE SAVANT MINDFUL MEDITATION PROGRAM

*A unique program for community*

- Walking meditation through a labyrinth pathway
- Half day program with a healthy morning/afternoon tea
- Focusing on deep relaxation, core values and inner peace
- Time to rest, relax, re-focus and refresh the body, mind and spirit
- Return to the work place with strength, peace and renewed purpose

*Leading Educator Maria Savant brings presence,  
experience & wisdom to her program*

**Professionals - Wednesday Aug 23<sup>rd</sup> 1 – 5pm & Thursday Aug 24<sup>th</sup> 1 – 5pm. Cost \$100**  
**Community - Thursday Aug 24<sup>th</sup> 9 – 12 & Friday Aug 25<sup>th</sup> 9 – 12pm Cost \$60 Conc. \$50**  
**Conference room at the GP Plus Health Care Clinic, 50 Gertrude St. Pt. Pirie**

FOR BOOKINGS CALL GP PLUS CLINIC 08 8638 1100  
EMAIL [MSAVANT@OPTUSNET.COM.AU](mailto:MSAVANT@OPTUSNET.COM.AU)  
[www.danceforpeace.com.au](http://www.danceforpeace.com.au)



POSITIVE



FOCUSED



TEAMWORK