

Rye and Sorrento Anglican Parish's
OPEN AIR CAFE
presents a morning tea with

DR CRAIG HASSELD

Senior Lecturer at Monash University's Department of Community Medicine and General Practice and presenter at the recent 'Happiness Conference' in Sydney

Speaking on

MINDFULNESS

TOPIC: "THE BODY AS THE SHADOW OF THE SOUL"



Sunday 11th January 2009

At St Andrew's Anglican Church in Rye, Lyons Street

Café Opens 10:00 am – tea/coffee/light snack

Talk starts at 10:30 am

Followed by a Workshop at 11.45 – 12.45 on *Mindfulness*.



Mindfulness Workshop – bookings essential (entry by gold coin donation)

For bookings and information please contact Hans Christiansen on 5985 4370