

Being calm

Four classes of mindful meditation and experiences to calm your mind
with Hakomi mind/body psychotherapist Martha McCallum



Martha offers refreshingly different personal consultations and workshops on finding freedom from stress. With Martha you will learn mindfulness and become an enthusiastic observer of your thoughts and inner landscape. You'll recognize stress-causing thought patterns, and favour those that support your truest nature.

Four Wednesdays: Feb 24 to March 17, 2010

Four Thursdays: April 15 to May 6, 2010

Cost: \$160 + GST

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Martha McCallum,
BSc, MEdes, certified
Hakomi mind/body
psychotherapist and
yoga teacher, has focused
her work on solutions to
stress since 1998.



HOLISTIC HEALTH
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