



What Can Mindfulness Do For You?

The practise of mindfulness helps us to develop awareness and compassion.

- Mindfulness instils **calmness** in a busy world
- Mindfulness and compassion allow us to be **kinder towards ourselves**
- Mindfulness and compassion support **kindness and consideration of others**

Cultivating these skills allows us a deeper understanding of the mind and the world we live in. It involves acceptance so that our thoughts and feelings can be acknowledged without judgement. It affects how we relate to ourselves and to those around us by cultivating kindness and promoting empathy.

Join us in March at [The Compassion Symposium](#) where we gather to explore how mindfulness and compassion can improve our well-being.

We look forward to connecting with you in March,

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Dr. Simon Whitesman, MBChB

Chairperson: Institute for Mindfulness South Africa

NOTICES & ANNOUNCEMENTS

Please note 18 CPD credits have been awarded for this event.

Registration is R3950 per person.

Join us at Reconciling the Heart, a 3-day symposium on the science and practise of mindfulness and compassion:

Cape Town: 21 - 23 March 2017

[Schoenstatt Retreat and Conference Centre](#)

Johannesburg: 25 - 27 March 2017

[Misty Hills Country Hotel](#)

This event is non-residential, and accommodation will need to be privately arranged or arranged through our booking form.

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General Enquiries: mindfulness@eventmanagementsolutions.co.za | **Tel:** +27 (0)21 712 0571

Booking Office: mindfulness@allevents.co.za | **Tel:** +27 (0)21 910 1913 | **Fax:** +21 21 910 0471

www.mindfulness.org.za


Institute for Mindfulness
South Africa

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