

## **Meditation in Movement**

### **Overview**

Mindfulness is an open-hearted awareness of our thoughts, emotions, bodily sensations and environment in the present moment. In this style of yoga, you bring mindful attention to the breath and bodily sensations from moment to moment during the yoga postures. Bringing mindful awareness to movement bring us into relationship with our direct experience, here and now. A practice of meditation-in-motion and embodiment. Where we can practice and strengthen awareness and presence both on and off the yoga mat. Buddhist teachings, in particular, the four foundations of mindfulness are applied to the practice of yoga. There is also a space to cultivate self-awareness and compassion through non-judgment, trust, non-striving, letting go, and gratitude. We learn to compassionately witness our breath, thoughts, sensations, emotions, habits, just as they are. To see the ever-changing nature of our reality.

You are encouraged to be curious and open to what you are noticing—without judgment or attachment—investigating your bodily sensations. The postures and sequences encourage you to slow down your breath, your body, and your mind, in order to heighten your awareness of the present moment.

### **General Information**

Venue/ 622 Lygon Street, North Carlton 3054 Victoria

Times/ 9.30-11.00am

Dates/ 15<sup>th</sup> April-27<sup>th</sup> May (excluding 20<sup>th</sup> May)

Cost/ \$150

**Book and Pay** by calling the office on P: 03 9489 6300 or E: [admin@gestaltcentre.org.au](mailto:admin@gestaltcentre.org.au)

### **Presenter**

Amanda Hawkey has experienced the transformative benefits of yoga and meditation in her life. She is passionate about assisting others to open to the door to a life of connectedness, balance and flow. Amanda began practicing yoga whilst pregnant with her first child 18 years ago. She trained in 2012 in the Amrit yoga tradition and has committed herself to life-long training and deepening of her practice and teaching. Amanda explores movement based practices, somatic movement and Body- Mind-Centering\* inspired by training with Alice Cummins. Her approach is deeply informed by a committed meditation and mindfulness practice. She facilitates a meditation group with Melbourne Insight Meditations regularly attends and assists with mediation retreats in the Insight Tradition with teachers Carol Perry, Subhana Barzaghi, Jess Huon and Patrick Kearney. Amanda brings to yoga teaching her life-experience as mother, qualified social worker and counsellor and her 'moment-to-moment' commitment to taking yoga from the mat into every facet of daily life.