



Awakening Joy In Life and Work

**WITH SUBHANA BARZAGHI AND
SABINA RABOLD**

Awakening genuine personal and empathetic joy
and expanding this heart quality to all areas of life.

Inter-weaving the Buddhist teachings of cultivating joy
with the neuro-psychological sciences of the West.

HEAL  TRANSFORM  AWAKEN

THURSDAYS 16 | 23 | 30 | 31 AUGUST

13 SEPTEMBER 2018

6.00pm – 8.30pm

&

SATURDAY 12 AUGUST 2018, FULL DAY

WELL FOR LIFE CENTRE

2/35 HUME STREET, CROWS NEST

“ Joy does not simply happen to us.
We have to choose joy and keep choosing it
every day. ”

Henri J.M. Nouwen

WHO IS THIS COURSE FOR?

Everyone is welcome; this course is designed to be of value personally and professionally. If you are a mental health professional 15 PD hours will be awarded upon completion.

THE 6 WEEK COURSE COVERS:

- ✿ Cultivating the Eight Pillars of Joy:
 - Four Qualities of the Mind** – perspective, humility, humour, acceptance
 - Four Qualities of the Heart** – forgiveness, gratitude, compassion, and generosity
- ✿ Guidance in Buddhist meditation practices to cultivate mindfulness, compassion and joy
- ✿ Exploring the obstacles that block our naturally inherent joy
- ✿ Discussing how to weave joy into our personal and professional life
- ✿ Experiential inter-active exercises to enhance and deepen the experience of genuine joy

Times: **Thursdays, 16, 23, 30 Aug & 13 Sept 2018**, 6pm – 8.30pm
& **Saturday, 8 Sept 2018**, full day

Venue: **Well for Life Centre**
Suite 2, 35 Hume Street, Crows Nest NSW

Cost: **\$585** (*places are limited, so please enroll early*)

Payment: <https://www.trybooking.com/PSVW>



Sabina Rabold is the founder and director of Well for Life and a psychotherapist with more than 17 years experience. She has a Master's Degree in Counselling and is a senior academic teacher and clinical supervisor. Sabina teaches regular courses in meditation and mindfulness.



Subhana Barzaghi is a Zen Buddhist Roshi and Insight Meditation teacher, a psychotherapist with more than 20 years experience and a clinical supervisor. She has a Master's Degree in Applied Psychotherapy & Neuroscience and is a trainer in Buddhism & Psychotherapy.

For further inquiries contact:

Subhana, M: 0414 605 226; E: Subhana@bigpond.net.au

Sabina, M: 0419 980 923; E: Sabina@SabinaRabold.com