



Meditation with Children & Young People

A gift for life

Children and young people today are living in a fast-paced world where one solitary voice can easily get lost amid the clamor and noise around us.

Regular meditation helps children and young people to relax, generate energy and confidence, become aware of their innate goodness, and engage more compassionately with their peers.

Two Professional Development days will be held at the Treacy Centre Parkville that will encourage adults to experience meditation for themselves and equip them with the tools to introduce the practice to children and young people. These days will include ways in which Christian Meditation can be implemented at home, in the classroom or on a whole-school basis.

This day is highly recommended for School leadership teams who wish to introduce Christian Meditation into their school or for new members of Staff that have come into schools that have already introduced Christian Meditation. Parish teams, catechists, school Chaplains or anyone wanting to introduce this beautiful prayer of the heart to the young are also invited to attend.



Dates: **Monday, 30 April 2018**
& **Wednesday, 20 June 2018**

Time: 9am to 3.30pm

Place: **Treacy Conference Centre**
126 The Avenue, Parkville, Melbourne

Cost: \$300 per person
Lunch and refreshments included.

Presented by **Mirella Pace**, Deputy National Coordinator Australian Christian Meditation Community, ACMC Victoria
Meditation with Children and Young People and
Ruth Fowler, Spiritual Director, Educator and Foundation member of Australian Christian Meditation Community.

This is a two day workshop

It is anticipated this Workshop will be approved by the Catholic Education Commission of Victoria to count towards Accreditation to teach in a Catholic School.

Booking Forms and further information from:
www.christianmeditationaustralia.org
or Mirella Pace mirellapace49@gmail.com or 0408 470 114.
Registration forms should be returned before 16 April 2018.

