



# Meditation with Children and Young People

**Children and young adults are born contemplative – they come ready equipped for their spiritual journey – but in the modern world they are bombarded from an early age with noise, stimulus, and a message to keep busy.**

Teaching students to meditate is to give them a gift to recover this contemplative dimension within their lives. The practice of **Christian Meditation** is simple and simplifying.

We have learned from the Townsville and Australian experience that students of all ages are capable of undertaking the contemplative discipline of stepping aside from thoughts, words and images at the time of meditation and indeed like to do so. Recovering this space for silence in their lives, reconnects them with their deepest self, nurturing their journey into wholeness, spiritually, psychologically socially and physically enabling them to live more authentically in the joys and challenges of life.

Participants in this **two day workshop** will learn the ancient practice of Christian Meditation to enhance their own lives and ways to introduce it to their students.

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

**Wed 22 March  
& Tues 16 May 2017**

*This is a two day workshop*

**Treacy Conference Centre**  
126 The Avenue, Parkville, Melbourne  
**9.00 – 4.00pm**

**Cost:** \$280 per person.  
Lunch and refreshments included.

**For School Principals, Religious Education Leaders, Teachers, School Chaplains, Parish Leaders and Catechists.**

*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 available from:  
**[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)**

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**BOOKINGS  
ESSENTIAL**

