



There is an old Buddhist story about a man on a horse galloping down the road at tremendous speed. Another man on the roadside shouts out “*Hey, where are you going?*” The rider replies “*I don’t know. You’ll have to ask the horse.*”

It’s easy to relate to this story in our current lives. The horse represents our free-spirited and unruly mind. If it’s in control, which it usually is, we will be pushed and pulled in all directions, living out our same old unexamined behaviours and habits.

Mindfulness Meditation is a way to take back control of the reins so that you can *intentionally* respond to your life circumstances instead of mindlessly reacting in self-defeating ways.

4 Week Mindfulness Meditation Course

Sundays 4:00-5:15pm

August 4th – August 25th

Cost: \$75.00

For more information or to register interest contact Jude (MBSR and yoga teacher):

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