



‘Be Still and Know - Meditation, Mindfulness and Music’

Saturday, November 14th, 10am-3.30pm
St Antony’s Priory, Durham

More and more people from various walks of life, faith traditions, and professions are discovering the benefits of practising meditation and mindfulness. Many yearn to access that ‘still centre’ in an often demanding and hectic life but often find it difficult to develop a personal discipline.

This day is for all who wish to explore different paths into stillness and feel held and supported in a place of peace and serenity. There will be two morning sessions on meditation and mindfulness allowing time to take part in each session.

In the afternoon, using the harp for meditation, Julie Darling will present an integrated approach to promoting wellness of body, mind, emotions and spirituality. The power of harp music can open the heart, bring peace, hope and inspiration and help us connect with the divine light within us.

The day is led by:

- Chris Hassell, a qualified social worker, has worked in adult mental health services for over fifteen years. He has developed an interest and teaching model in mindfulness based meditation which is based on the Mindfulness Based Stress Reduction model.
- Lynn Nausner is a team member of St. Antony’s Priory and facilitates a weekly meditation at the Priory. She has discovered how helpful it is to come

together and support one another in our practice and that it is not about becoming an expert but being faithful and open to the journey. Lynn will facilitate the morning meditation sessions.

- Julie Darling has worked with her harp for over twenty years to help bring peace to many. She follows a Celtic spiritual path and her love of nature and belief in the light of the divine in all beings underpins all of her work. She is a trained Practitioner of Therapeutic Harp, qualified teacher and Flower Essence Practitioner.

Please book directly with St Antony's Priory for this day.

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**The day commences at 9.30 for refreshments.**

Session 1 from 10am-11am,  
Session 2 11.30am to 12.30pm,  
The afternoon will be 1.30pm-3.30pm.

Please feel free to come to one or all of the sessions.

**Please inform St Antony's if you wish to join us for lunch**

**St Antony's Priory**

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