**MINDFULNESS WITH CHIME SHORE**

The purpose of mindfulness is to support common good and healing. The goal is to build an independent practice that can be used in conjunction with many activities, inner or outer.  
  
**Mindfulness Weekends**

Three mindfulness teaching and practice sessions per weekend, with opportunity to request commentary.

**Venue:** Coorain – Balingup, and Online

**Times:** Saturday 9:30 am and 3 pm and Sunday 9:30 am

[Three 90-minute sessions]

**Dates:** 10 & 11 September, 8 & 9 October, 12 & 13 November, 17 & 18 December

To participate remotely online (zoom) [Register here.](https://us06web.zoom.us/meeting/register/tZYkfuqrrTwsHtNinv4lD2fMw9oCG22z6T6m)

**Sunday Morning Mindfulness**

Focuses include personal understanding/practice, sharing/instructing, and integrating micro practices drawn from the broad field of inner development. The last half hour is for questions, comments, and discussions.

**Venue:** Origins Centre - Balingup, and Online

**Time: 8 to 9:30am  
Dates:** 18 September, 16 October, 20 November.

To participate remotely online (zoom) [Register here.](https://us06web.zoom.us/meeting/register/tZIqfuqpqD0uE9SMC3bH5CMDLGWacAiB8u9x)

**Mindfulness Retreat**

This annual retreat is an opportunity to deepen one’s practice in a supported manner using Traditional Mindfulness as the basis.

**Venue:** Origins Centre - Balingup, and Online

**Dates:** 10 through to 18 September

To attend in person, contact the Centre for details and bookings at [origins@iinet.net.au](mailto:%20origins@iinet.net.au).

**Facebook Mindfulness Stream**

Live practice stream including commentary. Submit topics for consideration by email Chim at [origins@iinet.net.au](mailto:origins@iinet.net.au).

**Venue:** Coorain – Balingup, and Facebook

**Time:** Fridays at 7:30 to 8:40am

**Dates:** Fridays excluding 2/9; 30/9; and 11/11.

For any queries regarding participating remotely online via zoom, contact John via [mindfulness@iinet.net.au](mailto:mindfulness@iinet.net.au)