

Hallo Again from Over the Moon. Join us for the bliss of Mindfulness...



## Invitation from *Over the Moon* and *Pureview108* to a morning workshop

### **Mindfulness for Positive Living**

Dear Friends,

Hallo again after a while. In case you wondered what OTM was up too, a quick update. Much of our recent work has been behind the scenes, networking and developing material for workshops and webinars. We'll keep you in the loop on our OTM facebook page.

It now gives us great pleasure to invite you to join us on another fascinating journey into positive living - this time into **Mindfulness** and the fabulous positive spin-offs it can have in every area of our lives.

*Mindfulness is the art of presence and finding happiness in each moment. It is allowing yourself to simply be in the moment with things exactly as they are, not trying to change anything - Jon Kabat-Zinn*

Over the Moon and Pureview108 would like to introduce you to the theory and practice of mindfulness. Learn to engage with yourself and the world in a state of non-judgement, with an open heart and open mind and experience the improvement in the quality of your life, relationships and communications with others.

**Our introductory morning workshop on the 25th March** will illuminate the basic field of mindfulness, so it is a great refresher if you already know the field, and an eye-opener and possible life-changer if you are new to the field. It is a most desirable practice, no matter your age or profession.

You will learn from our distillation of cutting-edge research findings and practice about the intersection of mindfulness and meditation, and come to understand the myriad of benefits and unexpected positive side effects you can experience from regular mindfulness practice, such as lowered stress levels, better coping with daily life demands, enhanced creativity, improved quality of life and greater sense of well-being and happiness. Research has found that even longevity is promoted through mindfulness practice and opening oneself to inner calm and wisdom.

Should you decide that you are ready to give your life a positive fuel injection, we invite you to also join us for our **six-week mindfulness course**. Each week offers a blend of theory and practice to deepen your knowledge and integrate new skills.

#### **Mindfulness Course Outline:**

Week 1: **Basic principles and techniques of mindfulness practice**. Non-attachment, acceptance and expectations - what it means and what to do about it.

Week 2: **Be in your body**: Informed choices and strategies for health and wellbeing

Week 3: **The mind of the heart**: Improve your emotional intelligence and

communication skills.

Week 4: **The calm inside the storm:** Dealing with adversity whilst remaining centered and resourceful.

Week 5: **In search of *happiness*:** That elusive concept - where and how to find it.

Week 6: **Opening into wisdom:** Improving your spiritual connections and integrating mindfulness into your life.

We invite you to join us on this fascinating journey into greater self-mastery and joy.

Please book early to ensure your place for the morning workshop and reserve your place for the training.

Our intention is to have regular mindfulness meetings after the training, for support, integration, maintenance and further growth.

We can't wait to accompany you to the other side of the moon!

Blessings,

Your OTM team and Pureview108

**Your presenters** for the workshop and training course are Dr Hanneltjie Edeling for *Over The Moon* and Karin Steyn for *Pureview108*.

Hanneltjie and Karin are a mother-and-daughter team of counselling psychologists who believe in positive living, abundance and the capacity to improve your life by mastering your mind and subconscious belief systems and by making informed life choices.

Karin Steyn is also a *Pureview* Mindfulness trainer, an inspired public speaker and teacher; practitioner and teacher of Hypnosis, and hypnobirthing practitioner amongst many other things. She is in private practice and also does one-on-one mindfulness training.

OTM is very fortunate in being able to team up with *Pureview108*, as they normally focus their activities on mindfulness training for corporates.

Dr Hanneljie Edeling is particularly interested in helping people to enjoy their most positive possible life. She frequently appears on TV and radio and loves presenting workshops to colleagues and the public on various issues of healthy living and spirituality. The *Over the Moon Club* is her brain child. It is the ideal safe space to meet new people, challenge belief systems, learn new skills and try out new behaviours amongst like-minded friends. Come and experience it for yourself.

**Take the reigns of your life and choose (even more) happiness now!**

## **25 March Morning Mindfulness Workshop**

### **Programme:**

- 8h30 - 9h00 Registration, tea and welcome
- 9h00 - 10h00 Mindfulness explained
- 10h00-11h00 From Childhood to Maturity - benefits for every age
- 11h00-11h30 Tea and refreshments
- 11h30-12h30 Practice and setting intentions
- 12h30-12-45 Closure

**Date: Saturday 25 March 2017**

**Time:** 8h30 for 9h00 - 12h45

**Address:** OTM home: [85 St Patrick Rd, Upper Houghton, Johannesburg.](#)

**Cost:** R 450 per person. Tea, coffee and our signature wheat-and sugar-free treats are included in the fee.

**RSVP:** Last day for booking is **Wednesday 22 March**. Your EFT payment and pop to Hanneljie on 0824604575 secure your place.

**Banking details:** Dr H van Zyl-Edeling, Standard Bank Killarney (7205), Account

number: 201084252.

**Please mark your deposit clearly with your name and March25 / Both and SMS confirmation of payment to Hannetjie on 0824604575.**

### **6-week MindfulnessTraining**

**Wednesday evenings at the OTM Home in Houghton.**

18h00 till 20h30, beginning on Wednesday 26 April 2017

Cost: R2100 (R350/session).

**Special offer:** Bring a friend and both of you get R100 discount on the price of the 6-weeks training programme.

**If you book now for the Mindfulness morning as well as the training, your price will be R2300.**

Please use the banking details above and clearly mark your payment with your **Name, Both** and send POP to Hannetjie at 0824604575.

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Please note: We've sourced your name from our previous OTM activities or from OTM friends. We look forward to seeing you at future OTM events all over the country. We would love to send you information about our activities, workshops, fun days, movie evenings and so much more... However, should you not wish to hear from us, please choose to Unsubscribe.

If you have not yet become an OTM Facebook friend, please do so by visiting and liking our Facebook page at [www.facebook.com/OverTheMoonHannetjieEdeling](http://www.facebook.com/OverTheMoonHannetjieEdeling)  
You can also see more about us on [www.freechildcompany.co.za](http://www.freechildcompany.co.za)  
and [www.pureview108.co](http://www.pureview108.co)

**\*\*\*Please note that prices and times are subject to change.**

**We need at least 12 participants for each event to make it viable - please help us to help you.**