



# Lotus Heart

## One-Day Wellbeing & Heart Workshops

... offer unique techniques with focus on the non-physical heart to assist individuals and teams to reach new levels of communication, 'inter-action', understanding/compassion, clarity, lightness, inner balance & health.

The program is interactive and experience based. It is designed for work and management teams. It is a highly innovative and new alternative to cognitive approaches to individual & cultural change.

This is a highly effective & enjoyable program, offered Australia-wide to:

- Improve work, business and personal interactions through a more open, focused, calm, compassionate and 'open-hearted' approach
- Assist with general wellbeing, health issues, emotional balance, relaxation, meditation and empowering, sustainable stress management.

Gentle, simple physical & energy exercises provide the foundation for:

- Deep relaxation, de-stressing; and
- Learning how to access and using the heart more for calmness & centredness.

The workshop's heart focus will make meditation easy & available for everyone. Participants often report never-felt inner peace, joy & lightness.

**'For me, meditation is the best form of management training.'**

Dr. Rob Moodie, CEO VicHealth

**'When all is said and done, the only change that will make a difference is the transformation of the human heart.'**

Peter Senge

**'I feel relaxed yet energised'**

Administration Officer

**'The particular learning I have drawn from the program is less head and more heart –'**  
Medical Doctor

**'I feel I can use the notes to help me use these techniques in my life'**

Teacher

**'A much needed wake-up call to focus on happiness & peace'**

Manager

All facilitators have extensive experience in training and team / workplace dynamics. They are also advanced practitioners in the use of the heart and have a wide range of competencies in body, mind, heart awareness techniques.



[www.lotusheart.com.au](http://www.lotusheart.com.au)

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