

# Alive & Awake: Mindfulness in Life and at Work

Susanne Olbrich

9 to 15 May 2015



Mindfulness meditation has the capacity to renew body and mind and to nourish the heart. Through mindful sitting, walking and eating together we can slow down and (re)discover the source of peace and joy inside.

We will cultivate mindfulness of breath, body, feelings and thoughts, learning to direct kind attention to each of them in turn. By adopting an aware attitude we open ourselves to a simple state of just being.

Spending time outdoors, we will nurture our connection with nature and experience our interconnection with the web of life. Through creative explorations with sound, colour and movement we will come in contact with the qualities of curiosity, playfulness and vitality.

We will also explore mindfulness in the context of work. You will be introduced to informal practices and mindfulness 'tools' which can be integrated into daily life.

Suitable for those new to mindfulness practice and experienced practitioners alike



**Susanne Olbrich** has been engaged in mindfulness practice for 19 years. A lay member of Thich Nhat Hanh's Order of Interbeing, she also completed a teacher training in Mindfulness-based Stress Reduction (MBSR) with Bangor University. Susanne is the co-founder of the Mindful Artists Network and works as a pianist, composer and music teacher.  
[www.susanneolbrich.net](http://www.susanneolbrich.net)

Tiered price: **£1050 / £800 / £650**

(Including programme content, 7 nights full board and refreshments).

(NFA price: **£420** FF price: **£52**)

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