

MEDITATION WITH CHILDREN

Experience and Promise A Day Seminar

www.wccm.org www.wccmmeditatio.org

Date: 7 December 2010
9.00 am to 5.30 pm

Cost: £95 (includes lunch and refreshments)
A Resource Pack will be given to each participant.

Venue: Regents College, Inner Circle, Regents Park
London NW1 4NS



Children have a natural capacity for meditation. They enjoy it and show the benefits. How can we make this spiritual practice and universal life-skill more available promoting growth of the whole child?

Meditatio – the outreach of The World Community for Christian Meditation – presents a seminar to teachers, parents and all those involved in the faith dimension of education for children. The presenters will address the spiritual, psychological and practical aspects of introducing Christian Meditation to children and teachers.

PRESENTERS



Dr Cathy Day is the Director of Townsville Catholic Education Office and under her leadership has created and implemented a world-first Christian Meditation program for all Catholic Schools in the Diocese. Ernie Christie Deputy Director in Townsville is the author of *Coming Home: A Guide to Teaching Christian Meditation to Children*.

Jonathan Campion is helping to develop national mental health policy and evaluate the school meditation program.

Fr Laurence Freeman is a Benedictine monk and Director of The World Community for Christian Meditation involved in inter-religious dialogue and the contemplative aspect of education.

REGIONAL SEMINARS

Cathy Day, Ernie Christie, and Laurence Freeman will be leading workshops presenting the themes of the Meditatio Seminar addressing local audiences and concerns

- ❖ 8 December Killarney
- ❖ 10 December Belfast
- ❖ 13 December Milton Keynes
- ❖ 14 December Brentwood
- ❖ 15 December Birmingham

For details about venue and costs of these workshops please contact us.



Outreach of **meditatio**
The World Community for Christian Meditation

Further Information from
Brijji Waterfield T: 07980 581351 E: meditatio@wccm.org

For booking queries please contact
Pat Nash T: 01794 512006 E: patnash@talktalk.net