



Meditation, Mindfulness and Tools for Inner Peace

This six-week course will introduce you to various meditation and mindfulness practices and equip you with the tools you need to tap into inner peace. An initial myth busting session will free you from unachievable ideals of meditation and provide you with accessible practices that you can tailor to suit your own lifestyle, no matter how busy you may be.

In uncertain times, it is ever more important to find an internal safe haven to take refuge and to find your internal compass to keep you aligned with your purpose. No matter what might be happening in your life externally, there IS an aspect of you that is always peaceful.

It has always been with you. That background awareness that is always there, observing what is happening. Learning how to become more familiar with this aspect and to bring it more into the foreground will help you navigate life's turmoil.

Sharing this learning with others in a friendly and safe environment will deepen your understanding as you connect with others and share the journey home in community.



yoga from
the inside



Catherine Sherlock

Catherine is a certified iRest teacher and a registered Yoga Australia teacher who is passionate about facilitating people to find inner peace using yoga and meditation techniques.



iRest (Integrative Restoration)

iRest is an evidence-based transformative meditation and self enquiry practice that leads to psychological, physical, and spiritual healing and wellbeing. It is based on the ancient teachings of meditation, and while it is a wellbeing practice suitable for everyone it has been used extensively with people suffering from post traumatic stress disorder (PTSD) with very good results.



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