



About Kate

Kate's passion is teaching the fundamental universal truth that we are first and foremost spiritual beings. We are eternal, vibrational energy beings – consciousness – having a human experience, rather than human beings

having a spiritual experience. This passion was born during the course of a long illness.

While living in Singapore in the 90s, Kate trained in facilitating experiential courses in this field, and also completed a Diploma in Transpersonal Studies.

Kate is a qualified Reiki Master, and also studied Energetic Healing at Nature Care College in Sydney.

Since living in Sydney, Kate has created and taught an in-depth course in Mindfulness Meditation and Stress Reduction with women's groups, in schools, and by private consultation. Among her many teachers is Jon Kabat-Zinn, internationally renowned founder of the Centre for Mindfulness in Medicine, Health Care and Society at University of Massachusetts Medical School, USA.

Kate was born and educated in the UK, and has a BA in English Literature from Oxford Brookes University, and a Master's Degree in English Literature from Reading University.

Kate was a successful magazine journalist in London for a decade prior to moving to Singapore.

Kate's other creative and sacred passions: her husband and three children; Iyengar yoga; the creation and stewardship of her beautiful tropical garden.

WHAT IS THE MAGIC OF ALLOWING?

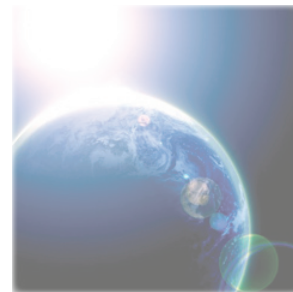
The Magic of Allowing is a journey of mindfulness and self-realisation. It is about the reawakening of the light of consciousness; the dimension within you that is infinitely more vast than thought.

This course in mindfulness allows a reconnection with your heart and soul, and with the vast spaciousness of your true nature. **It is the journey home.**

"Wow! We loved the weekend. We both feel it was life-changing." - **Paul and Sarah Saunders**

"I hadn't realized how much I needed to do this until I was here." - **Janet Harvey**

"Well done on the very nurturing, healing and inspiring work you do. You are a gift!" - **Jono Fisher**



"The weekend retreat had a most profound effect on me... I made immediate changes to my life... work has never felt or been better." - **Nick Bousie**

"I walked away so excited, rejuvenated and more open to everything!!!" - **Jacki Bousie**

"I would like to thank you profoundly for a beautiful and life-changing weekend. I was very touched by the whole experience." - **Julie Parkinson**

PART ONE

THE MAGIC OF ALLOWING

Day 1: Sunday 6th Nov, 9.30am to 5.30pm
Day 2: Sunday 13th Nov, 9.30am to 5.30pm
Mosman, NSW 2088

Visit: www.magicofallowing.com
Email: kate@magicofallowing.com
Call Kate on 0413 545 851

THE MAGIC OF ALLOWING



MINDFULNESS

REDUCE STRESS AND FALL IN LOVE WITH LIFE!

Are you so busy you can barely draw breath?

Feel like a human doing rather than a human being?

No room for self let alone self-tenderness?

Come, reconnect with your heart's code, your soul's wisdom, your bodymind.

Taste the ease and spaciousness, wellbeing and happiness
of you discovering You!

JOIN KATE MATHERS FOR THIS LIFE-CHANGING PROGRAM IN MINDFULNESS

ALLOWING

THE MAGIC AND POWER OF...

AWARENESS

SELF-TENDERNESS

THE PRESENT MOMENT

MINDFULNESS MEDITATION

RE-MEMBERING YOUR BODY

INNER SPACIOUSNESS

CONNECTEDNESS

HEART OPENING

YOUR TRUE NATURE

THE MAGIC OF ALLOWING

PART ONE

NEXT 2-DAY PROGRAM:
SUN 6TH AND SUN 13TH NOVEMBER

This creative, experiential 2-day course in mindfulness is for you if you would like to:

- learn how to reduce stress levels
- discover the life-changing power of the present moment
- explore and learn mindfulness meditation
- learn the magic of self-compassion and self-love
- experience the magic of heart-to-heart connection
- understand the sanctity of the human body
- become a human **being** rather than a human **doing**!

By the end of the course, you will step out:

- awake and brimming with passion and vitality for life
- connected to your true intelligence, your Intuitive Self
- nourished and nurtured in soul, mind and body
- with stress reduction and awareness tools to support you to live consciously in the **present**, rather than the future or the past (most of us do the latter up to 90% of the time)
- free to live in the space of love for yourself
- knowing that happiness is an inside job!

If these are some of the things that you yearn for, then come and join us.

Know that true freedom, joy, fulfilment and peace are your birthright.

FOR OTHER SESSION DATES, VISIT:
WWW.MAGICOFALLOWING.COM



WE CAN NEVER CHANGE ANOTHER.
WE CAN ONLY CHANGE OURSELVES.
CHANGE FOR PEACE AND HAPPINESS
HAPPENS FIRST FROM **WITHIN** –
FROM WITHIN EACH ONE OF US.

IF YOU WANT
TO MAKE A DIFFERENCE,
START WITH YOURSELF.
BEGIN NOW. IT IS TIME....

THE MAGIC OF ALLOWING
MINDFULNESS
SPEAKS FROM MY HEART AND SOUL
TO YOURS.

- KATE MATHERS

COST

Course fee is **\$495 inclusive of delicious lunch on both days.**

For dates of other 2011 Mindfulness retreats and shorter modules, email kate@magicofallowing.com or visit website www.magicofallowing.com for details. Or phone Kate 0413 545 851