**Living and Dying - An Enquiry into the Human Experience of Death**

**Led by Stephen Archer and Hilary Lovelace**

**Saturday 15 November 2014 Auckland**

This workshop aims to open the door of awareness to the universal reality of death and assist you to approach this reality in a more empowered way. It will broaden your perspective on death and dying and stimulate ongoing enquiry beyond the workshop. This day is ideal as professional development for all who are working with or caring for the living and dying, and is also suitable for anyone who suspects that they themselves might die one day!

**Main contents**

* Investigating the taboo and denial around death

* Exploring the awareness of  death in the contemplative traditions

* Trusting the wisdom of the body-mind in the dying process

* Using mindfulness of death as a powerful and positive catalyst for living well

* Facilitated group enquiry and guided meditation practises

**Date** Saturday 15 November 2014   10am - 5pm

**Venue** Vaughan Park Retreat Centre, Long Bay, Auckland

**Cost** $120

**Registration** To register, contact [stephenarcher@mindfulness-training.co.nz](mailto:stephenarcher@mindfulness-training.co.nz) and you will be sent bank account details to make an internet payment

**Further information** Contact Stephen on 0274 356352

**Stephen Archer** has a degree in Eastern Religions and practiced mindfulness of death meditations during the 13 years he spent as an ordained Buddhist monk in the Thai forest tradition. He works as a mindfulness educator and trainer and facilitates mindfulness programmes in Primary Health Care and workplaces. He also offers residential retreats and public courses and is Director of Mindfulness Training, a Wellington-based service provider.   [www.mindfulness-training.co.nz](http://www.mindfulness-training.co.nz/)



**Hilary Lovelace** has worked with the dying throughout her 30 year nursing career, which includes district nursing, palliative care nursing in both hospice and community and research into ‘End of Life Experiences’. She has a huge respect for the intrinsic intelligence of the dying process and is enthusiastic about investigation of our relationship with our own death.