



## Art and Meditation

In these troubled times, it is important to destress and to take time for oneself.

Meditation brings **calmness, peace, insight - and kindness** to ourselves and others. It helps **concentration** and awareness and makes us strong. We meditate alternatively on respiration, health, visualization, objects, music, and walks. Each session ends with a guided meditation on an Aboriginal artwork, something that participants particularly enjoy.

### Meditation sessions at the Australian Aboriginal Art Museum

CHF 25.- per individual session or CHF 200.- for 10 sessions  
(includes coffee/tea and biscuits during break)

Bookings: [info@fondation-bf.ch](mailto:info@fondation-bf.ch), 032 861 35 10

Theresa Burkhardt is your meditation teacher. She studied in Australia with author and internationally acclaimed meditation teacher Eric Harrison and trained to be a teacher.