

# Wise Compassion Workshops

Compassion-based  
mindfulness for a  
warm and open heart



*This 6-hour workshop with Tina Gibson explores how compassion-based mindfulness practice can be key in balancing wisdom and compassion. Offering an opportunity for those with Mindfulness experience to deepen their practice, we will explore how we pause and feel in to wise action when we or another being are suffering.*

**Date:** Saturday August 5<sup>th</sup>

**Time:** 10am - 4pm (byo lunch, light refreshments provided)

**Venue:** Sophia, 225 Cross Road, Cumberland Park, SA

**Cost:** Full fee \$95, Concession \$70, Bring a Friend \$70

**Registrations:** Contact Tina on 0430-328-007 or  
[tina@adelaidemindfulness.com](mailto:tina@adelaidemindfulness.com)



Adelaide  
mindfulness