

AMG Rains Schedule 2021

Week	Date	Speaker	Theme
Week 1	27 July	<u>Kathryn Choules</u> began meditating 30 years ago at the Armadale group (AMG). She is the founder of "Mind and Movement", a leading provider of mindfulness programs for individuals and organisations and is a certified teacher of Jon Kabat-Zinn's program, "Mindfulness Based Stress Reduction" (MBSR) and recognised as a Senior Teacher by the Meditation Association of Australia. She runs mindfulness, compassion and other contemplative programs and retreats.	TBA
Week 2	3 August	<u>Mark Simpson</u> is a yoga teacher, coach and facilitator. He is also the author of Light Up the World – Inspiration for a New Humanity, a book about love and transformation – both personal and collective. The Zen tradition, and particularly the teaching of Thich Nhat Hanh, has been a significant source of wise inspiration and Mark has completed retreats at the Plum Village Monastery in France, including one focussing on compassionate leadership. Mark's approach is to make his ideas easily accessible and to encourage inquiry with kindness and an understanding of interconnectedness.	TBA
Week 3	10 August	<u>Kathryn Choules</u> See Week 1 (27 July)	TBA
Week 4	17 August	<u>Mark Simpson</u> See Week 2 (3 August)	TBA
Week 5	24 August	<u>Insights from AMG Ladies</u>	

Week 6	31 August	<p>Christian Lefrenz was a monk at Bodhinyana for a short time and he now works at Armadale Hospital.</p> <p>He was a guest speaker during Rains last year and gave talks/guided meditations at the Armadale Hospital a few years ago during Mental Health Awareness Week.</p>	TBA
Week 7	7 Sept	<p>Christina Yew in conversation with Kathryn Choules.</p> <p>Christina Yew was a Registered Nurse and has been a caretaker at Jhana Grove Meditation Retreat Centre in Serpentine for 4 1/2 years. She came across Theravadan Buddhism when her mother had cancer and she was looked after by Ven Tejadhammo in NSW.</p> <p>Having experienced Catholic schooling, a Taoist mother and an atheist father, Christina brings a broad perspective to her Buddhist practice.</p>	TBA
Week 8	14 Sept	<p>Kevin Hume is the Director of Perth Meditation Courses & Coaching founded after his return to Perth in June 2019 after 25 years in Sydney where he taught meditation as founder Director of Sydney Meditation Centre from 2007.</p> <p>He has practiced meditation since learning under the direction of Perth Meditation Centre's Eric Harrison in 1992. His approach is eclectic and where possible science based though he also has a developed admiration and understanding of Buddhism and Buddhism's profound contribution to meditation teaching and practice. He specialises in working with clients individually as well as with small public classes and in the workplace.</p>	TBA

Week 9	21 Sept	<u>Kevin Hume</u> See above	TBA
Week 10	28 Sept	<u>Christian Lefrenz</u> See Week 6 (31 August)	TBA
Week 11	5 Oct	<u>Sol Hanna</u> has been on the BSWA Committee for 12 out of the past 20 years, including for 4 years as president. He's done a lot to develop BSWA online systems from scratch including bswa.org website, youtube and podcast channels, translations. He is currently the convenor of BAMBI (Busselton Augusta and MR Buddhist initiative) which is active in the South-West. He was a monk at Bodhinyana for several years.	TBA
Week 12	12 Oct	<u>Rachel Green</u> has attended the Armadale meditation group for 30+ years and is a past President of BSWA. Professionally she's an online emotional intelligence and job interviews coach who promises not to be boring!	TBA
Week 13	19 Oct	<u>Rachel Green</u> See above	TBA