The school counsellors invite parents to

An Evening with Samantha Graham

Week 2 - Wednesday 17th October, 2012
Time: 7.00pm to 8.30pm
Venue: Curran Theatre

Samantha will speak on freestyle meditation and the physiological and the psychological benefits of making it part of your daily routine.

This is an important evening that should not be missed.

Guest Speaker Profile: Samantha Graham

Dr Samantha Graham has for many years been a Sustainability Consultant with Stormlight Consulting, a company she and her husband founded in 2004. Drawing on her 6 years living at Findhorn Ecovillage, a community in the far north of Scotland where she honed her facilitation skills, Samantha is now taking meditation, presenting and mindfulness techniques to the busy, stressed people who most need them. She feels this skill-set, something that can readily be learned, is a key element in building a truly sustainable and joyful human culture. She has had a “moving meditation” practice for 15 years and has taught Meditation and Emotional Intelligence skills in the corporate arena since 2004.