

# HeartMind Connections

Ruth Donnelly  
Buddhist Psychotherapy

## Personal Sessions

Ruth offers a heart centred approach to healing trauma and opening to your life's potential.

Personal sessions bring transformation using methods that are body-based, compassionate, mindful and expressive.

Self healing techniques can also be learned so that self-care and growth continue in daily life. These self healing methods are based on yoga, meditation and simple artistic expression.

## Transformative Mindfulness Maleny Monthly Group

first Sunday morning each month  
10am-1pm



Learn tools for life,  
to reduce stress and  
discover the joy of wellbeing

## Weekly Classes

### Dru Yoga

Palmwoods                      Maleny  
Thursday 5.30-7pm      Friday 9.30-11am

### Awakening the Heart Meditation

Maleny  
Wednesday 6.30-8.30pm

## Weekend workshops

### at 37ARTS, Palmwoods

are offered regularly, based on  
meditation, yoga and art  
See Ruth's website for details.

**Ruth Donnelly**

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Maleny and Palmwoods

