



Enhance your time @ VU

INVITATION TO 2011 WELLBEING & SPIRITUAL PROGRAMS
ALL PROGRAMS ARE **FREE OF CHARGE** FOR STUDENTS & STAFF

PLEASE REGISTER BY EMAIL: catherine.tay@vu.edu.au

Program	Date	Time	Venue
Multi-cultural Interfaith Youth Group Are you interested in using your talents, eg musical skills, creative writing etc.	Mon 22 Aug 2011	12-12.30pm 1-1.30pm	SA Reflection Centre 1L Room L101 To join MIYG please email tina.currah@live.vu.edu.au
Hypnosis-relaxation for stress relief and better sleep – Prof Dorothy Bruck	Mon 5 Sept 2011	2-3pm	FPark Bldg M Level 2 Room M2.07
Taichi & Meditation Mark Mayes	Tues 23 Aug 2011	12.30-1.30pm	Footscray Park Dance Studio L room 406
Classical Hatha Yoga & Meditation Anna Larwood	Wed 31 Aug 2011 Wed 7 Sept 2011	2-3 pm	Footscray Park Dance Studio L room 406
Raj Yoga & Meditation – Gail McKinley	Mon 29 August 2011 Mon 12 Sept 2011	12 noon-1pm	St Albans Campus Room H102 (near Reflection Centre)



VU Western Region Interfaith Network (VUWRIN)
VU students & staff and participants from Interfaith Organisations - Working with all faiths & spirituality

Tuesday 13 Sept 2011
Irrespective of belief or spirituality You are welcome to attend the meeting or to give a presentation on a spirituality of your choice.

1pm-3pm

St Albans Campus
Reflection Centre
Bldg 1L Room L101
Portable building.
Near VU Gate No. 1
Melway 26 A 2

Title of presentation: **Eco-Spirituality in our own backyard.**

Presenter: **Catherine van Wilgenburg.**

Finalist in the 2011 Sulman Prize at the Art Gallery of NSW with her painting 'The Treaty's All Done'

Catherine's eco-spirituality is the heart of her visual art practice. Share her visual journey about how her work in the Augustine Centre Garden Hawthorn and Iramoo Sustainable Living Centre @ Victoria University, St Albans, has led to her current visual art practice.

Catherine van Wilgenburg, M.Vis.Arts, Dip. Fine Art, Dip.Ed, is Director of Living Colour Studio, an architecture and visual art practice, a former lecturer in Community Cultural Development at the Victorian College of the Arts and current Convenor of the Friends of Iramoo.

Light refreshments will be served @ 1pm., presentation from 1.30pm – your views/comments welcome. For catering purposes – please email catherine.tay@vu.edu.au to register your attendance.

You are invited to participate at any of the above programs @ no charge.

Your suggestions for other programs/activities are always welcome.

Please contact Sister Catherine Tay, Chaplain,

email: catherine.tay@vu.edu.au

Telephone 9919-2292, 9919-2399, 0413 751 983

Website: www.vu.edu.au/Chaplaincy &

<http://www.vu.edu.au/current-students/noticeboard-for-students>