

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

