

The Butterfly Practice

A Structured Exploration of Internal Experience

About the Practice

Drawing from contemplative traditions and contemporary understanding, this practice offers a structured approach to deepening our relationship with internal experience. Through four progressive stages, we create space to discover how our experience naturally wants to unfold and transform.

Structure:

- Opening to body awareness
- Allowing natural impulses to emerge
- Creating a container of aware stillness
- Paired reflection and insight sharing

Suitable for anyone interested in mindfulness, self-discovery, or deepening their relationship with internal experience.

Session Details

Duration: 45-60 minutes

Cost: Free exploration session (donations welcome)

Practical Information

- Wear comfortable clothing
- Bring a yoga mat or blanket if desired
- Water bottle recommended

Location

Thursday, February 6th at 7:45pm

Praxis

15 Proven Street

Campbell, ACT

Ground floor access, street parking available

Important Notes

- No previous meditation or movement experience needed
- Please email to register - you'll receive a consent form to complete before attending
- Spaces are limited, registration required
- Practice is guided through recorded audio to ensure consistent pacing and timing, enable facilitator participation, and allow support if needed

Register or Learn More:

butterflyresonance@gmail.com



Scan to learn more about
the framework and ideas