



Calm Meditation

Mondays 8pm -25 Sept -31 Oct.

Come and learn some simple steps to create calmness and relaxation for your mind and body.
Demystify meditation and understand what Mindfulness is.

Leave each session more aware of your body and breath. Clearer in your thoughts and connected to your feelings. Bringing a sense of calm and compassion into your life.

6 sessions \$100

Booking and payment Essential - contact Michelle 0409 591094

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ample parking in High St