



Calm Meditation

Tuesday 7.15pm, October 1-29, x 5 sessions.

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. Cultivate and practice these easily accessible tools to bring a sense of calm, compassion and gratitude into your life.

5 sessions \$100

Booking and payment Essential - contact Michelle 0409 591094

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ample parking in High St