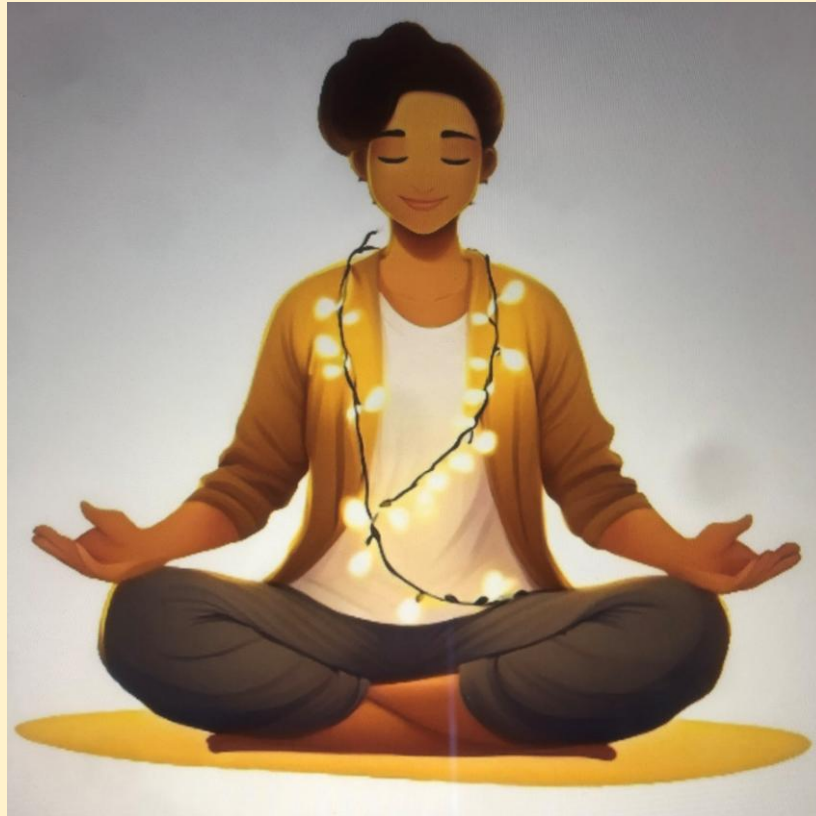




Meditation and Mindfulness for Beginners

Learn Traditional Buddhist Meditation techniques that will bring alertness, mindfulness, mental tranquillity and emotional positivity to your everyday life!

This 4-week course will help you:

Reduce your level of stress and anxiety

Enjoy small simple pleasures in life

Increase your capacity for self-kindness

Develop a greater sense of purpose and joy

CLASS DETAILS:

Venue: West Warrnambool Neighbourhood House
Lot 10 Carolyn Crescent

Dates: Sunday August 23 & 30, Sept 6 & 13

Time: 2.00 - 4.00pm

Cost: \$60 for 4 sessions

Contact: Jill to register your interest

Ph: 0418 944 276/Email: jbourke@warrnambool.vic.gov.au

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