

GUIDED MEDITATION

JOIN OUR INCLUSIVE GUIDED MEDITATION GROUP FOR WOMEN FOCUSED ON MINDFULNESS, RELAXATION AND WELLBEING. A SUPPORTIVE AND JUDGEMENT-FREE ENVIRONMENT TO DESTRESS AND ENRICH YOUR MIND, BODY AND SPIRIT.

MONDAYS

FROM: 6TH MAY -24TH JUNE 2024 TIME: 12PM - 12:45PM

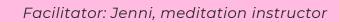
We kindly ask that you arrive at 12pm for a prompt 12:10pm session start

COST

\$10 PER SESSION **OR** \$60 FOR A 7 WEEK TERM

LOCATION

THORNTON COMMUNITY CENTRE 61 LORD SHEFFIELD CCT, PENRITH



CALL TO BOOK YOUR SPOT (02) 4721 8749