



Penrith Women's
Health Centre
Established 1987

G U I D E D

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



Facilitator: Jenni, meditation instructor

**CALL TO BOOK YOUR SPOT
(02) 4721 8749**