

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: 26TH FEBRUARY -
8TH APRIL 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**
\$50 FOR A 6 WEEK TERM

LOCATION

THORNTON COMMUNITY
CENTRE
61 LORD SHEFFIELD CCT,
PENRITH



Facilitator: Jenni, meditation instructor

CALL TO BOOK YOUR SPOT
(02) 4721 8749