

MINDFULNESS FOR RESILIENCE



JOIN OUR SUPPORTIVE 4-WEEK ONLINE PROGRAM FOR WOMEN TO BUILD INNER STRENGTH THROUGH MINDFULNESS. LEARN GENTLE MOVEMENT, BREATHING TECHNIQUES, AND GUIDED IMAGERY IN A WELCOMING VIRTUAL SPACE THAT WILL HELP YOU REDUCE STRESS AND ENHANCE WELLBEING.

WEDNESDAYS

TIME: 10:30AM - 12PM

STARTING 22ND OCT

COST

FREE OF CHARGE

DONATIONS APPRECIATED

LOCATION

ONLINE (ZOOM LINK
PROVIDED UPON
REGISTRATION)



Facilitators: Vicki & Vanessa

CALL TO BOOK YOUR SPOT
(02) 4721 8749