




Introductory Course in Christian Meditation

A new course will begin on
Monday 27th September at 6.30pm.

Over five weeks you will learn the practice of
relaxation, mindfulness and the use of a **mantra.**



Living Waters Meditation and Spirituality Centre
34 Kenrick Street,
The Junction

Cost \$20.00 per person

For more information phone 0412 122 297

