

Mindful Meditation

Weekly on Tuesday evenings

7.30pm doors open for a 7.45pm start. 9pm finish

Aberfoyle Community Centre, 1 Jessica St, Aberfoyle Park SA 5159



Re-balance Mind, Body and Spirit as you're gently guided on a meditation journey. Enter a state of deep peace and calmness. No prior experience needed.

The sessions include body relaxation techniques and simple breathing exercises before you are gently guided on a meditation journey. Crystals are available and most sessions involve colour visualisations and chakra balance. Experienced and newbies always welcome to this lovely supportive group.

Investment : \$15 pay as you go. \$60 for a block booking bonus card (\$12 per session) – attend at your own pace. Concession card holders \$12 pay as you go. Under 16s are half price and to be accompanied by an adult.

Please bring along a bottle of water and pillow/yoga mat/blanket – anything to make yourself comfortable lying down. Loose, comfortable clothing advisable. Chairs available if you prefer to be seated.

Contact Elizabeth on 0474 197707 or via www.lotusstar.com.au/contact

Elizabeth James : Holistic Health and Well-being : Art

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