

Meditation & Mindfulness Class



A 3 week taster to meditation and introduction to mindfulness with one of our counsellors Heidi. If you are interested in attending, phone Heidi or Rose on 6234 0777 - transport available.

Every Friday for 3 weeks
June 22nd, June 29th and July 6th
12.30 to 1.30pm
piyura kitina - pyramids

Have you ever wanted to try meditation?

Come along and sit - you don't have to talk at all if you don't want to. There are many benefits in having a regular meditation practice besides peace and relaxation. It can improve concentration, increase self-awareness, reduce stress and in return increases happiness.



Aboriginal Health Service
Tasmanian Aboriginal Corporation