

# INTRODUCTION TO MINDFULNESS MEDITATION



An opportunity for people to learn and experience the benefits of mindfulness meditation.

Meditation an essential aspect of maintaining health; the beginning of a coming home to the true self and living well.

Delicious vegetarian home grown lunch and afternoon tea provided.

The meditation will be guided by :

Craig Smith - Accredited teacher of Mindfulness based stillness meditation through The Gawler Foundation [www.gawler.org](http://www.gawler.org)

**SUNDAY 20<sup>th</sup> August**

95 Clarke Road O.B. FLAT

10AM-4PM

Booking essential

*\$65 per person*

Chairs, rugs and cushions are provided (however bring your own if preferred)

to make a reservation telephone Craig on 8723 3310 or Tarnya at [tarnya@theatrewrap.com.au](mailto:tarnya@theatrewrap.com.au)



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