

Meditation

**Buddhist style meditation with Sandra-Ruby.
Wednesday evenings.**



Meditation - a way to reduce the stress of daily life & promote your inner peace and presence in Meta Loving Energy.

Create positive and peaceful thoughts to bring peace to your world.



Group begins with a social time 5.00-5.30 pm, then a Meditation session 5.30-6.30 pm.

**Place: Minnawarra House
24 Numulgi St, Armadale**

Time: Wednesday 5.30-6.30pm (starts 12th Feb)

Cost: FREE

Ph: 9497 1413