

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 4.30-5.00 pm, then a Meditation
session 5.00-6.00 pm.

**Place: Minnowarra Wellbeing Centre
24 Numulgi St, Armadale**

Time: Wednesday 5.00-6.00pm (during school term)

Cost: FREE



Ph: 9497 1413