

Meditation Journey



Meditation techniques can help to relieve stress and tension, balance your mental, physical and emotional bodies, and give you more energy to enhance your daily life.

A nine week course with Ruby.



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

Date: *26th July - 20th September*

Time: *Tuesdays, 12-1pm*

Cost: *Free*

Please phone 9497 1413 to register