

Meditation

Experience a Sense of Inner Peace



Learn to meditate

Discover the best technique for you

Find out where to do retreats

Set up a practice at home

Learn to love your quiet time

Thursdays 8-29 March 2018

(4 weeks)

10.30am-12.30pm

55 Thornley Street Leichhardt

Cost: \$40 (concession \$20)*

Payment is required on booking

**Fees negotiable if difficult to pay*



**Leichhardt Women's
COMMUNITY HEALTH CENTRE**



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LWCHC is funded by Sydney Local Health District

call us to make your booking

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