



MIND CALM

Guided Meditation and Mindfulness Group

Explore a range of meditation and mindfulness techniques in a supportive environment.

- Discover what mind stilling methods work for you.
- Experience mindfulness.
- Learn breathing techniques.
- Practice different types of meditation.
- Share and reflect in a group setting.

Thursdays, 9 May - 13 June 2024

10:00am - 11:00am

Cost: \$65 for 4 sessions, concessions available

Further information will be provided after registration

BOOK NOW

Call: Andrea De Rauch on 9856 1500

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