



# 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 15 February to 21 March 2024**

**10:00am - 11:00am**

**Cost: \$65 for 6 sessions, concessions available**

Further information will be provided after registration

**BOOK NOW**

Call: Andrea De Rauch on 9856 1500

Email: [andrea.derauch@doncare.org.au](mailto:andrea.derauch@doncare.org.au)

**Suite 4, Level 1, MC2  
687 Doncaster Road  
Doncaster 3108**