

Meditation

Proven to boost your immune system, lower blood pressure and reduce stress, guided meditation is a great way to aid relaxation, restore wellbeing and improve your overall health.

Release negative emotions such as fear, anxiety and worry which can keep you awake at night and create an inner state of sustainable wellbeing. Learn about chakras, crystals, colour healing, the power of visualisation, and more.



Term Three

Tuesday nights from 7.00pm
Commencing 14 July 2009
8 weeks \$120.00

Bookings and Enquiries

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