

Group Meditations



A peaceful channel into the unseen!

Meditation is a powerful way to access those deeper aspects of self. These group meditations have been designed to assist you in developing a channel into source or the essence of who you are. Through regular practice, meditation can enable you to bring more peace and balance into your everyday life and allow you to feel connected in a way that words cannot fully describe. You will also develop greater access into your intuitive knowing. This is the quiet guidance that keeps us on our true path and assists us in manifesting our dreams.

A variety of techniques will be practiced in these group sessions including guided visualizations, meditative breathing techniques and chanting to shift stagnant and limiting vibrations that get stuck in the energetic system.

Cost: Pay as you go - \$10 per class (includes GST).

No need to book, just drop in on the night.

Classes in Leichhardt (Mondays 6-6:50pm)
2010 Dates: Classes commence Monday 1 February.
Classes break for School Holidays.
(Refer to the course timetable for further information)

For enquiries phone (02) 9572 8885