

## **COURSE DESCRIPTION**

Our minds are always turning... sometimes forwards to concerns about the future and sometimes backwards to past events, conversations, memories, regrets or what ifs.....

**Meditation is a wonderful relaxing way to relieve stress and anxiety, regain health and wellbeing**

## **Mill Park Community House**

 68 MILL PARK DRIVE MILLPARK

 9404 4565

 [admin@millparkcommunityhouse.com](mailto:admin@millparkcommunityhouse.com)

 [www.millparkcommunityhouse.com](http://www.millparkcommunityhouse.com)

## **MEDITATION CLASSES**



**Mill Park**  
COMMUNITY HOUSE

# MEDITATION

Meditation for Relaxation and  
Inspiration

Our minds are always turning... sometimes forwards to concerns about the future and sometimes backwards to past events, conversations, memories, regrets or what ifs.....

Meditation is a way of training the mind to rest peacefully in the present moment.... allowing us a space where we can just be... after all we are ‘human beings’ not ‘human doings’.

In the quiet of the present moment there is no stress, no anxiety, no ‘have toos’... there is a deep sense of peace and harmony. When we experience this peace the message goes to our cells, then our body can relax, release toxins and rebalance

Enjoy a friendly, casual atmosphere as you have some ‘down time’ and ‘chill out’ from the busy world and all its demands. Tune in to your own body, mind and spirit using various simple techniques such as body awareness, abdominal breathing, visualisation, simple mudra and mantra.

## What you may need:

Wear layered comfortable clothing

Bring water for hydration

Seats will be set up, but you can bring a cushion to sit on if you prefer .



**The Meditation classes runs on:**

**Friday Morning**  
**10.30 am—11.00am**

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**Cost: \$100.00 per Term**  
**Payable on enrolment**

For further information please ring  
Mill Park Community House  
9404 4565



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