


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



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 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
Beginners:

11.00 - 12.00a.m.

Advanced:

10.00 – 11.00pm

Cost: \$100.00 per Term
Payable on enrolment

For further information please ring
Mill Park Community House
9404 4565



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