



Meditation Classes

Session Time

Friday mornings

10:30 am – 11:30 am

Cost

\$150.00 per term

Payable on
enrolment

Location

68 Mill Park
Drive, Mill park
3082

Benefits of Meditation Classes

Participants may experience a range of benefits, including:

- Reduced stress and anxiety
- Improved relaxation and emotional wellbeing
- Better focus and concentration
- Enhanced sleep quality
- Increased mindfulness and self-awareness
- A greater sense of calm and balance in daily life
- Simple techniques that can be used at home



Mill Park
COMMUNITY HOUSE



Meditation Classes

68 Mill Park Drive

Mill park

Phone :9404 4565

Meditation Class Description

This Meditation class is designed to support relaxation, mindfulness, and overall wellbeing. Participants will be guided through simple meditation techniques that help calm the mind, reduce stress, and improve focus.

The course introduces practical breathing exercises, guided meditation practices, and strategies for incorporating mindfulness into everyday life. No prior experience is required, and the sessions are suitable for beginners.

Participants are encouraged to develop skills that promote emotional balance, self-awareness, and a greater sense of calm and wellbeing.



OUR CLASSES

Our Meditation classes are designed to promote relaxation, mindfulness, and emotional wellbeing in a safe and supportive group setting. Participants are guided through a range of techniques including breathing exercises, guided meditation, and mindfulness practices. These skills can help reduce stress, improve focus, and support overall mental wellbeing in everyday life.



**For More information, please
contact:**

Mill Park Community House

68 Mill Park Drive,
Mill Park

9404 4565

admin@millparkcommunityhouse.com

Millparkcommunityhouse.com