

Still the Mind

'A course in guided meditation'

*A unique personalised 5 week course,
designed to give you the tools and
space to learn how to 'go within'.*



Wed 23rd Apr - Wed 21st May
Time - 9.15-10.15am Cost - \$150
Location - Active Stillness, Mount Eliza



**Contact and Enquiries -
Victoria 0413 136 602**

