



...you don't have to live like a Buddhist monk to benefit from meditation

Meditation is not difficult or reserved for the 'spiritual'. Its meant for everyone and the smallest amount can be extremely beneficial for improving quality of life.

Don't settle for a life of the same old daily grind.... stress, doubt, anxiety, difficult relationships, limited thinking, feeling 'flat'.

Eliminate it through simple and interesting meditations.

Morningside \$15

Thursday Evening
7pm – 8.30pm

Wednesday Morning
9.30am – 10.45am

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Practical meditation for everyday people with everyday lives

- Improve your communication
- Enhance your decision making skills
 - Balance your relationships
- Develop more resourcefulness
 - Have life flow easily
 - Get excited about living

*come as you are
for anybody and everybody
..Wednesday and Thursday classes*

