

Mindfulness Meditation



This four week course is an introduction to the practice of mindfulness meditation. It will be of help to anyone who feels that their busy mind is creating stress in their lives. Suitable for those new to meditation or as a chance to reconnect for those who have already done an introductory course.

It consists of 4 formal classes. In between classes there is an expectation that students will commit to practising daily meditations.

Monday November 19th - December 10th

7:15-8:30pm

\$60.00

For further information contact Jude:

www.suburbanyoga.co.nz

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