

Introduction to Meditation

Mondays, May 1 to June 5 (6 sessions)

7:30-8:45pm



You will learn the foundations of a meditation practice, practice meditation techniques that you can practice on your own and learn how to bring it all into daily life.

Techniques

breath | mindfulness | mantra | external focus | chakras |
creative visualisation

Course cost: \$145 before 16 April or \$170 after

Location: Lotus Health yoga room, enter on Barry St
opp. Olive Lane, Neutral Bay

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Book online: <https://www.trybooking.com/OEBZ>