

Meditation Courses

Choose 1, 2, or 3 courses - 4 classes each

February – March – October

Meditation for inner joy Unlock the heart's potential

February 4, 11, 18 & 25

Wednesdays 7.30-8.45pm \$75

- * the heart and the mind
- * the universal heart
- * why do we suffer?
- * simplicity and joy

Book online:

www.trybooking.com/GLWN

Meditation for inner peace Cultivating equanimity

March 4, 11, 18 & 25

Wednesdays 7.30-8.45pm \$75

- * what is peace?
- * detachment
- * wisdom
- * equanimity

Book online:

www.trybooking.com/GLWS

Meditation made simple Bringing meditation into your life

October 14, 21 & 28 & Nov 4

Wednesdays 7.30-8.45pm \$75

- * breath
- * focus on an object
- * mantra & music
- * creative visualisation

Book online:

www.trybooking.com/GLWU

Location: Lotus Health, Barry St opp. Olive Lane, Neutral Bay

Facilitator: Anna Spierewka - Yoga is Bliss

Information: anna@yogaisbliss.com.au www.lotushealth.com.au