



Develop a Meditation Habit

Mondays - February 07, 14, 21, 28
7:00-8:15pm

**Tips to find
your inner
peace**

Learn powerful and effective meditations that you can easily integrate into your personal life.

Each session will have a different theme - Breathing, Mindfulness, Self-Realisation, and Practice - a fully guided meditation journey.

No sitting for hours on end in silence, clearing your mind of all thoughts. Just potent, effective mantra and mindfulness meditations for inner peace, stress & anxiety relief, and so much more.

This workshop is suitable for absolute beginners to advanced practitioners, and consists of guided meditations, yoga wisdom, kirtan, and Q & A time, followed by 21 days of emails with tips and hints.

Location: Coconut Grove Community Hall, 24 Musgrave Crescent

Cost: Gold coin donation

Contact: Kalindi - Australian School of Meditation & Yoga

0421 710 983 or darwin@asmy.org.au

Bookings required!

**BYO mat,
towel &
a water
bottle**



*Australian School of
Meditation & Yoga*
A balanced life...



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