

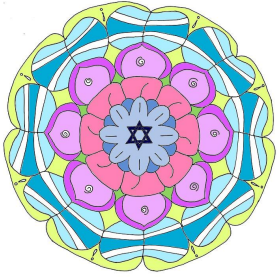


A MANDURAH COMMUNITY GARDENS EVENT



Proudly supported by the City Of Mandurah

Meditation In The Garden with Sarah Morrison



Sunday 6/2 - 9.30am to 11.00am

Three Wish Water Meditation

Friday 11/2 - 12.30pm to 2pm

Gentle Breathe Work Sound Meditation

Sunday 20/2 - 9.30am to 11.00am

Transform Your Mindset - Create Your Own Affirmation Card

Friday 25/2 - 12.30pm to 2pm

Chant & Be Happy - Join in Song & Gentle Movement Together

Please arrive at least 15 minutes before start time

*Learn a variety of Sound Meditation techniques over 4 sessions
to enhance your life and maintain a healthy mind.*



A \$10.00 booking fee is required, refundable after attendance of sessions booked.

EVENT IS FREE **BOOKING IS ESSENTIAL**

RSVP Cheryl: events@mandurahcommunitygardens.com.au

Mobile: 0414 348 404