

## ENJOY THE POWERFUL ENERGY OF GROUP MEDITATION

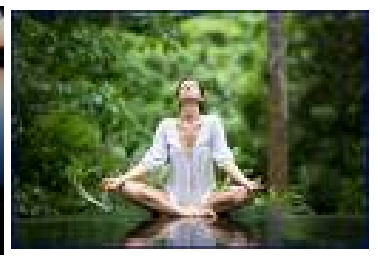
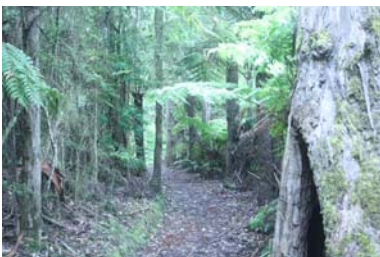


### 7 REASONS WHY----

1. Sleep better
2. Reduce stress and anxiety
3. Access the creative mind
4. Open up to inspiration and your intuition
5. Enhance memory and concentration
6. Lower hypertension
7. Healthy mental and emotional functioning

## Meditation nights for SILENT and GUIDED meditation 2009

November 27



## Camberwell Community Centre, 405 Camberwell Rd

Last Friday in each month ....2009

Commencing 7:30 p.m. until 9:30 p.m.

\$10.00 per person

Supper included. No previous experience required

**Bill Patterson** - Hypnotherapist & Psychotherapist

Level 1, 459 Toorak Rd, TOORAK Vic 3142, AUSTRALIA ([View Google Map](#))

Phone: (03) 9296 2064 - Mobile: 0412 530 345