

ENJOY THE POWERFUL ENERGY OF GROUP MEDITATION

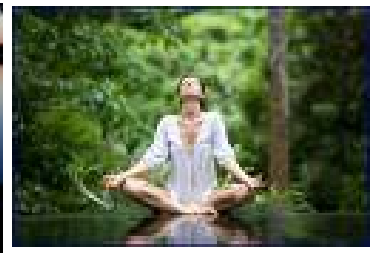


7 REASONS WHY

1. Better regulate emotions
2. Reduce stress and anxiety
3. Lower hypertension
4. Open to your intuition
5. Enhance memory and concentration
6. Access the creative mind
7. Sleep better

Meditation nights for SILENT and GUIDED meditation 2010

Aug 27 * Sept 24 * Oct 29 * Nov 26



Camberwell Community Centre, 405 Camberwell Rd

Last Friday in each month2010

Commencing 7:30pm until 9:30pm

\$10.00 per person

Supper included

No previous experience required

Bill Patterson - Hypnotherapist & Psychotherapist

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