



# NEW COURSE!

Our next meditation course begins on **Thursday August 4<sup>th</sup>, 2011**

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#### **Dates and Time:**

Thursday evenings 7pm-8.30pm:  
4/8, 11/8, 18/8, 25/8, 1/9, and 8/9

#### **Venue:**

Augustine Centre  
2 Minona St, Hawthorn 3122

For details:

[www.pathways2wellbeing.com.au](http://www.pathways2wellbeing.com.au)

#### **Benefits of the course:**

#### **A course that guides you to the benefits of meditation**

The course covers many different techniques with the intention of having you comfortably incorporate an effective meditation practice into your daily life and to begin to experience the benefits.

DISCOVER why people who consistently meditate have more positive emotions, retain emotional stability and are more focused.

#### **The course:**

In this course you will find support, guidance and opportunities to institute simple and effective daily practices, most of which take only 10-20 minutes. Here is [what the course covers](#).

There was some amazing feedback from our meditation course just completed: [check it out](#).

#### **Previous courses:**

##### **March 2011**

**September 2010** - [Click here](#) to view feedback from our recent *More than Meditation* Course held September.

**February 2010** - *More than Meditation* provided assistance to those who wish to make meditation practice a part of their lives and would like to develop a competency in learning to focus the mind.