



NEW COURSE

More Than Meditation!

Our next meditation course begins on **Thursday November 3rd, 2011**
[More than meditation Course registration page](#)

Dates and Time:

Thursday evenings 7pm-8.30pm:
November 3, 10, 17, 24 and
December 1, 8

Venue:

Augustine Centre
2 Minona St, Hawthorn 3122
For details ring Leoni 9534 9495 or
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:

August 2011

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

"This is my third time doing this course which I found to be extremely beneficial. . ."
P. Registered Nurse