BRING CALM INTO YOUR BUSY WORLD

FIND OUT HOW

STILLNESS MEDITATION THERAPY is a unique meditation because of its simplicity and naturalness. It powerfully reduces anxiety, relieves the symptoms of tension and provides effective stress treatment while enhancing 'living calm' in a very busy modern, western world.

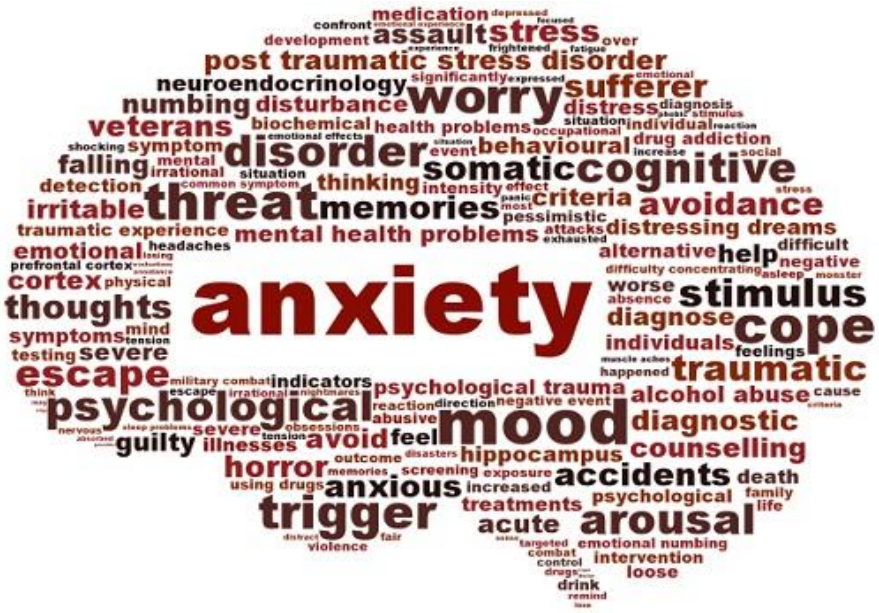
For more information please contact: Anita Davine

Mobile: 0438 025 275

<u>Wednesdays at 11.30-12.30pm - 16 May, '18 till 27 September, '18</u>

St John Vianney's Parish Meeting Room. 23 Police Road, Mulgrave.

Free parking available at rear of Church.

Feel the benefits of physical, mental and living calm.

Note: No sessions during school holidays