

Neighbourhood Programs

Meditation for Kids

Sahaja Yoga Meditation is practiced in over 100 countries across the world. It promotes mental, physical and emotional balance.

A school holiday session is being offered for kids with their parents/guardians to learn about and practice meditation.

BOOKINGS ESSENTIAL

Children must be accompanied by a parent/ guardian

DETAILS:

WHEN:

Monday 21st January

TIME:

10.00am – 11.00am

WHERE:

Caroline Springs Library

COST:

Free

BOOKINGS:

meltonlearning.com

Phone: 9363 5137

For more information, visit
melton.vic.gov.au/stevensonhouse

