

## OPEN HEART MEDITATION

Do you want to feel happier, more relaxed and calmer?

**At Open Heart Meditation you will:**

- ❖ Enjoy feelings of true joy/happiness/love that radiate from your heart
- ❖ De-stress and feel deeply relaxed, energised and rejuvenated
- ❖ Experience better connection with self and others
- ❖ Learn to communicate from the heart rather than the mind
- ❖ Learn to live joyfully and open-heartedly, in Heart Consciousness
- ❖ Receive healing, to become more free from sadness, worry, anger etc
- ❖ Experience what true joy, happiness and love really feel like
- ❖ Learn how to strengthen your Heart and to feel the beauty within your Heart.



### Experience true joy and happiness

General and local enquiries may be made to... Rani 0405 405 757  
Workshop & retreat enquiries to... Anne-Marie 0404 287 903 or Narelle 0411 607 025

**DATE & TIME**  
**STARTS**  
**COST**

Monday 7.30pm – 8.45pm  
Every Monday Night  
\$5 per session

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