



HEALTH & WELLBEING

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	Every Monday night 7.30pm – 8.30pm
STARTS	15 January (ongoing)
COST	\$5 per session

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