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Principal: Liz Coon
Yoga Studio: 554 High Street Road
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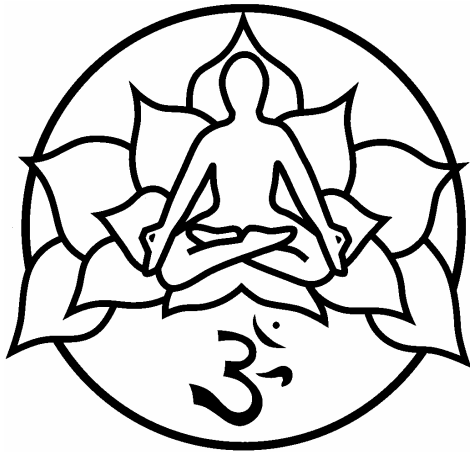
The Harmony School of Yoga

Introduction to Meditation

Learn to meditate

A five week introductory course

Commencing: Wednesday 13th August 2008.
6.30pm – 7.30pm



Meditation is a time for reflection and contemplation, a time to go within.
It can give us the strength, purpose and direction which we need in our lives.

Meditation:

- ❖ Slows the heartbeat and lowers blood pressure
- ❖ Promotes calmness
- ❖ Releases tension
- ❖ Enables us to get in touch with the spiritual depths of our being, in a place where there is peace and serenity

Venue: 24 Sampson Drive, Mount Waverley

Cost: \$67.50

RSVP: 6th August 2008 – Non-refundable deposit of \$20

Bookings Essential