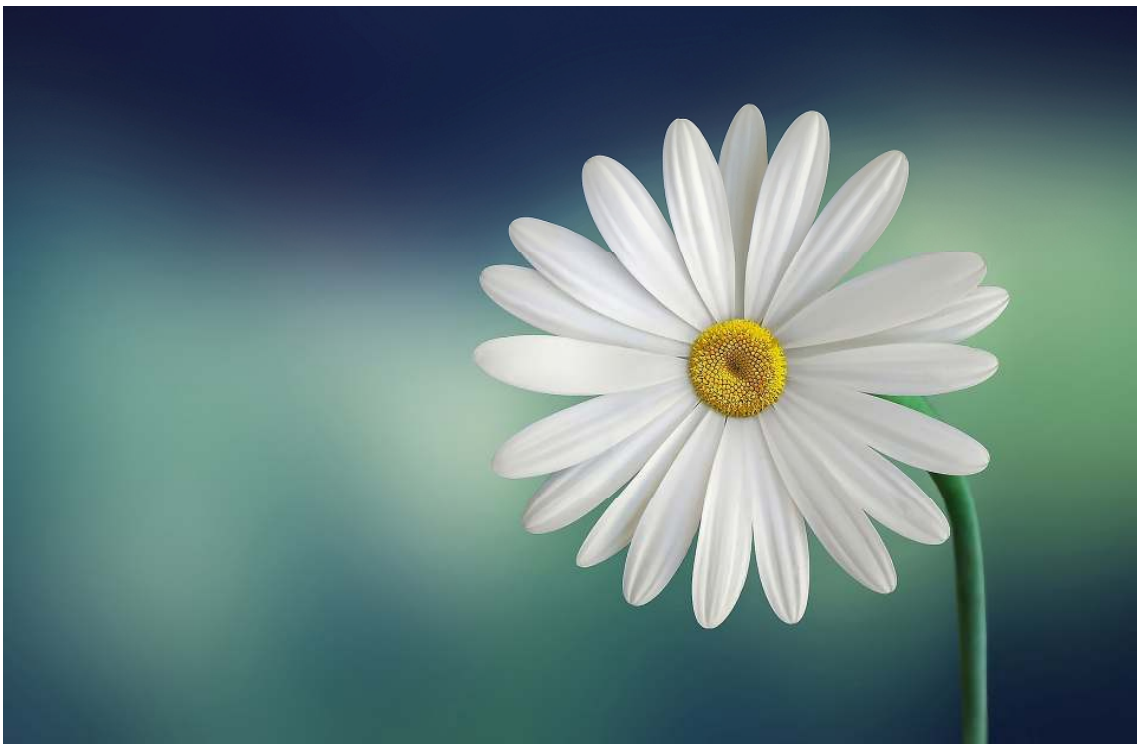


Women's Meditation & Encounter Journey



Meditation techniques can help to relieve stress and tension, balance your mental, physical and emotional bodies, and give you more energy to enhance your daily life.

An nine week course with Ruby.



Venue: Minnawarra House, 24 Numulgi St, Armadale

Date: 25th July - 19th September

Time: Tuesdays, 1-2pm

Cost: Free

Please phone 9497 1413 to register