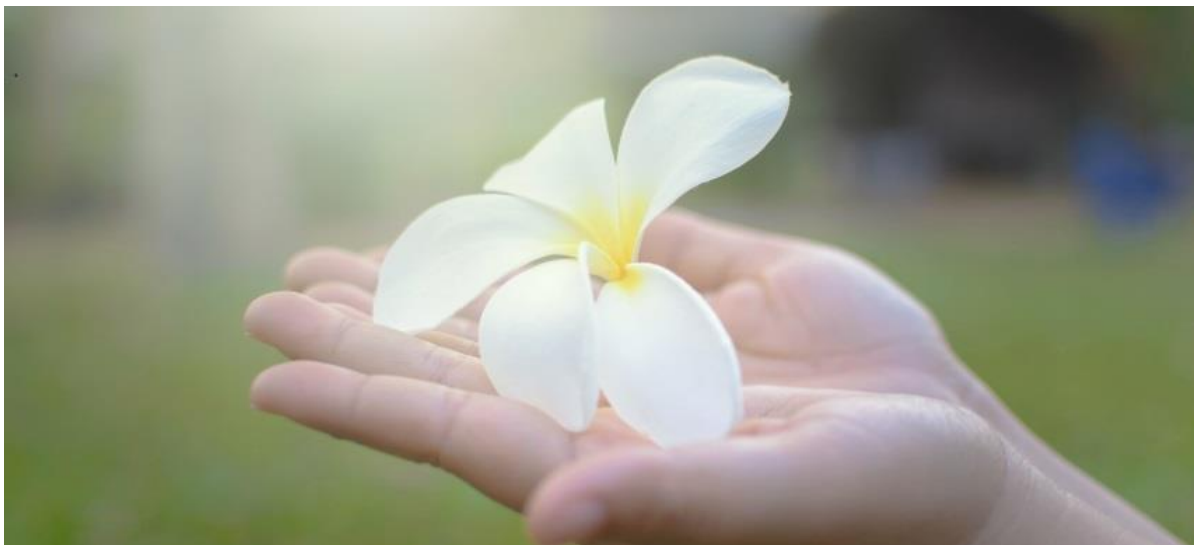


Mindfulness Meditation Retreat

Coming Home to Self-Compassion



We invite you to join us on this mindfulness meditation retreat to befriend yourself, find peace and access your inner wisdom.

Date: Saturday, 8 June 2019

Location: Tallebudgera Valley Community Hall
611 Tallebudgera Creek Rd, Tallebudgera Valley QLD 4228

Time: 1:30-5:00pm

Cost: \$70

Presenters: Marie Bloomfield and Kelli Travers, Meditation Teachers and Psychologists

For more information or to register:

- visit www.mindfulpath.com.au
- ring Marie Bloomfield 0427795721 or
- email: marie@bloomfieldpsychology.com.au

What to bring: lunch, drinks, snack, hat, mat, blanket, cushions, comfortable clothes, walking shoes

