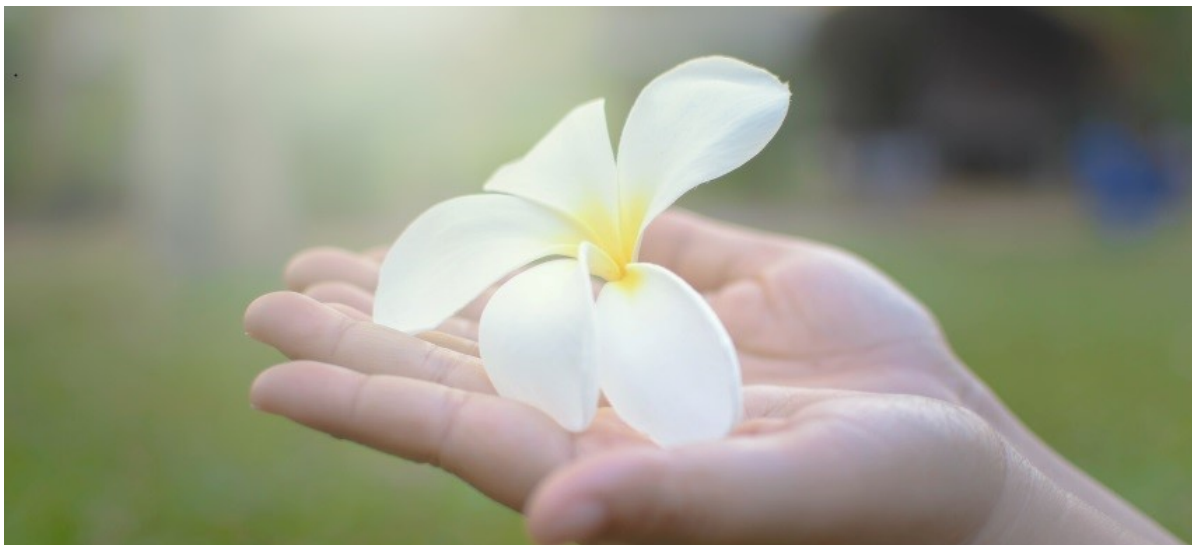


Mindfulness Meditation Retreat Coming Home to Self-Compassion



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

Date: Saturday, 17 October 2020

Location: Online- Zoom room

Time: 9:30am till 1:30pm

Cost: \$45.00

Presenters: Marie Bloomfield, Clinical Psychologist and John Julian, Social Worker, both Senior Certified Teachers in Mindful Self-Compassion.

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

