

Mindfulness Meditation Retreat

Coming Home To Self-Compassion



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

Date: Saturday, 3rd March 2019

Location: Varsity Lakes Community Resource Centre
Jim Harris Park, Mattocks Rd, Varsity Lakes QLD 4227

Time and Cost: Full-Day (9:15am-4:30pm) \$120.00: Half-Day(9:30am-1:00pm) \$70.

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

For more information or to register you can ring Marie Bloomfield 0427795721

Or visit our website www.mindfulpath.com.au

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

