

Millthorpe Meditation Centre

An interesting hour

Talks and activities for those visiting Millthorpe.

Nourish the mind & inspire the heart

If you are wanting something different to experience with your friends then contact Ann Harrison at the Millthorpe Meditation Centre, situated a short walk from the main street, Ann can be reached on M.0302-823-636.

HOW IT WORKS

Contact Ann in advance. The sooner the better.

Agree on a suitable time for you both

Choose talk or activity

Decide the number of people who will attend. \$20 per person up to 10 (minimum fee \$100)

TALK TOPICS

Breathing better. Living easier.

Meditation & mindfulness

Total wellbeing. Mindfulness and the nature of mind

Astrology

Neuroscience and Health - how the brain heals

Breath Awareness - the basis of well being

Relationships & Communication

ACTIVITIES

Gentle exercise - Feldenkrais

Meditation