

Health & Wellbeing



MEDITATION FOR ALL

With Bruce Watson

Join an experienced meditation facilitator for a relaxing and healing guided meditation, followed by an optional sharing session.

Novice and experienced meditators welcome.

Tuesdays 7.00-8.00pm
1st May-5th Jun (6 weeks)
\$5 Donation per session

COME JOIN US!!

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SELBY COMMUNITY HOUSE