

by Dharmamodini



Dive into meditation and discover your depths

Meditation can transform how we relate to ourselves and our everyday life, by allowing us to get to know and connect more fully with our mind and body and the world around us.

Everyone has a mind, so everyone can learn to meditate. This approach can give you strength and steadfastness in dealing with the challenges of cancer.

This course is for **beginners and experienced meditators** alike. It is designed to provide participants with a framework and the tools to cultivate meditation in your life, in a way that is not dependent upon someone else leading you, or the use of apps and the like.

Note: this course is not the same as participating in the weekly Drop in meditation group on Wednesday mornings.

7 weeks

\$110 members | \$190 non-members

Thursday Mornings
10.00 am - 12.00noon
2nd February - 16th March 2023

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