

Mindfulness 4 Week Course

October 9, 16, 23 & 30 @ 10.30am

Lorne Community House



Join experienced yoga practitioner Peta Walker for a 4 week mindfulness course. Learn techniques to focus your awareness on the present moment by participating in mindfulness exercises that you can then incorporate into your daily life.

This course will also include the practice of Yoga Nidra.

Cost: \$40 (4 week course)

This course will run on Wednesday 9, 16, 23 and 30 October from 10.30am to 11.30am

Enjoy a free tea/coffee with any food purchase at Lorne Larder after each class.

Book online at: www.trybooking.com/BEOWU or phone 5289 4383

MIND YOUR MENTAL HEALTH

Mental Health Month



**GREAT OCEAN ROAD
HEALTH**