

NO FEE MINDFULNESS MEDITATION

"Mindfulness involves focusing your awareness on the present moment. It means paying attention to your sensations, feelings, thoughts, and environment in the here-and-now with an attitude of acceptance. Some of the potential benefits of mindfulness include lowering stress, decreasing depression, improving memory, and strengthening your relationships, among other things"



When & Where

Every Wednesday

11:30am-12:30pm

1/68-70 Station Street, Bowral



Who

Open to Everyone

Facilitated by the amazing
Christobel Hughes from
Wholebeing Yoga



How

To register contact us on:

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Mindfulness Meditation Community Favorite

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