



Meditation and Creative Visualisation Class

Experience deep relaxation!

Learn different ways to relax, unwind and de-stress. Give your self the chance to feel re-energized, centered and grounded. Each meditation class is unique in that I take into consideration the groups energy before proceeding, so that I can tailor it accordingly. For example we may start with a deep body relaxation then proceed to a guided visualization perhaps incorporating sound, crystals, cards or herbs. The last phase consolidates and anchors in the peace, tranquility and any insights gained during the process.

Meditation & Creative Visualization Classes

WHEN:

Every **Tuesday** night: 7.30 –8.30 pm

Every **Thursday** night: 7.30-8.30 pm

Every **Wednesday** 12.30 -1.30 pm

COST: \$ 10 per session

Look forward to seeing you there.

Contact Information

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