

WEDNESDAY TALKS

MEDITATION

With Bianca Haux – Naturopath

2–3:30pm, 5.30-7pm Wed 13th September 2017

At Northland Environmental Health Clinic, Kamo

Cost: \$10

Book quick – Limited Numbers!

What is Meditation good for?

How can you easily apply some simple techniques.

You will be able to feel it in an easy exercise, and realise the capacities of Meditation