



Self Help Meditation Group

This program aims to develop peace of mind through meditation techniques.

9.00am – 9.45am Fridays, February – December, excluding public holidays

Special Invitation

Please join

Louise Sellenger
Clinical Psychologist

Topics:

- Brief meditation techniques to help calm the mind
- Self-Inquiry meditation to help clear blocked emotions to enable a more peaceful meditation

When: Friday 16th October 2009

Where: Bentleigh Bayside Community Health
Gardeners Rd, Bentleigh East Melway Ref: 77K1

Time: 9.00am – 9.45am: Class will start at 9am sharp

Cost: Donation \$3

Enquiries / bookings to Intake: 9575 5322