

“Be still”

Mindfulness Exercises

So many things happen during a day. You might be cranky or tired, and still your mind running around thinking about what’s happened today or things for tomorrow at night.

You want to have peaceful time in your life. So perhaps you ask.... How?

Having “quiet” time helps to calm your mind

Many people know that if you can have a “quiet” time it make so much difference in your own life and in your relationships but it is not easy to make a “quiet” time happen.

Come and do it together and learn Mindfulness (mind calming exercises) just like setting aside time to go to the Gym or meet up with friends.

When: Monday 7:30pm – 9:00pm

Where: North Ryde NSW

Fee: Gold coin donation



Who runs the class?

Makiko

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