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## WEDNESDAY

### MEDITATION PRACTICE GROUP 2019

**WHAT:** You might have just started to meditate or perhaps you have an established practice and would like the opportunity to meet with others in a group setting to continue to learn about meditation and the ways in which it can be used to support you in your daily life. It can be challenging to maintain a practice on your own and getting together with others can help to motivate and inspire you to continue along your path. You will receive support and guidance from the facilitator and other group members to encourage you to maintain your practice and enhance your meditation journey. Each session will consist of information about a specific topic, an opportunity for discussion and meditations. These sessions are conducted in a comfortable, supportive and safe environment.

**FACILITATOR:** *Virginia Hill*, experienced meditation practitioner and teacher of mindfulness programs.

**FOR:** For beginning meditators or those who have an established practice.

**WHEN:** *Wednesdays, 20 February, special time (11.30am-1pm).*

*then (10.00am-12pm) 20 March, 17 April, 15 May, 12 June, 10 July, 7 August*

**4 September, 16 October, 13 November & 11 December.**

**WHERE:** The South East Junction. 19 Ferrers Street, Mount Gambier. (opposite the RSL)

**TIME:** 10.00am-12pm

**COST:** Gold coin donation appreciated. All proceeds benefit The South East Junction wellbeing activities.

**CONTACT DETAILS:** For inquiries contact Virginia Hill on 0468 959 567 or Email: [vahh0150@gmail.com](mailto:vahh0150@gmail.com)

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