



OUT & ABOUT

Last Sunday of the month

Meditation in nature. Weather permitting.

OUT & ABOUT

Brownes Lake

Sunday Meditation

29 September 11.30-12.15

(no toilets at Brownes Lake) Toilet Access :-at the Valley Lake.

Bring a chair and or rug. (Be sun smart)

If it is wet, we will be meeting at the library, as we normally do.

Bring along a drink and a sandwich for a light lunch afterwards.

Call Michael if unsure 0411 868 740



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