

Cool Kids, Calm Families

Stillness Meditation Program for children ages 6 – 13 years

In response to expressions of interest we are offering open group sessions for children. The stillness sessions will be complemented by reflection time through story and art. This will suit children ages 6 – 13 years.

The sessions will be held at the Stillness Meditation Therapy Centre

Address: 146 – 148 Harp Road, Kew

Time: 2.30pm – 3.30pm

Dates: Saturday October 8th and Saturday October 22nd

Cost: \$20 per session

Bring a friend and/or siblings most welcome

Bookings & enquiries: Please contact facilitator, Francine 0400 116 591
or email info@stillnessmeditation.com.au

Bookings are essential due to small group requirements.



~ Looking forward to seeing you there ~