



Meditation Healing Group

A safe and supported space for you to explore a variety of different meditations and healing methods.

Over the months you will have the opportunity to experience the healing sounds of crystal and Tibetan singing bowls, walk a labyrinth, meditate with crystals and bush flower remedies, share with others and learn different techniques you can incorporate into your daily life to assist in your own self healing and meditation practice.



- Venue:-** SIDS and Kids
78 Stewart Ave
Hamilton South
- Date:-** The last Wednesday of every month
28th April being the first.
- Time:-** 6.00pm – 8.00pm
- Cost:-** \$15 (donation towards SIDS and Kids and resources for participants)
- Facilitator:-** Renée Longworth
Energetic and Spiritual Healing Practitioner
www.energyremedy.com.au

Some of the benefits you may experience from this meditation group are:-

- having sense of community within the group
- feeling of empowerment by participating and engaging in your own healing process
- setting aside time and space for yourself to breathe and just to 'be'.
- a positive shift in awareness and consciousness or having a deeper insight or understanding regarding challenges you may be presently experiencing
- relief from stress, anxiety or physical pain.
- increased inner strength and a sense of feeling calmer and clearer.
- reconnection back to your true essence.

Please express your interest in this group by either phoning 0403 918 223 or emailing Renée at mail@energyremedy.com.au

Note:- for those of you who have not attended the SIDS and Kids drop-in centre previously, please note that in the foyer is a 'Wall of Memories' which has photos of children who have passed. Some people may find this overwhelming or confronting. We respect your feelings and welcome you to go directly into the group room.

