

Enrolment for Meditation Group

Meditation is an effective method to help clear the mind and focus on what is important in life. It is easy to do, it gets easier with practice and it allows the mind to concentrate on and accept positive affirmations. Meditation can be your personal time to help you relax, let go of negative stress, refresh your inner self and expand your creative ability.

Date: Friday, 6th February 2015 to
Friday, 6th March 2015 (5 sessions)
Time: 6:30pm till 8:30pm (2 hours)
Venue: Meerilinga Community Centre, 30 Chichester Drive, Woodvale
Cost: \$150 for the 5 week period

Full payment is required in advance to secure your place and we must have 10 people to ensure the class goes ahead, so feel free to invite a friend too. This meditation group will be a little different to our previous classes and will now include the following techniques:

- Guided meditation and visualisation
- Crystal Sound Bowl
- Gong and Chimes
- Positive Affirmations to help build confidence and self-esteem
- Discussion on specific topic each week and healing cards

To confirm your attendance please send this completed form with a \$150 payment or direct debit to the account below. Please note that refunds / discounts will not be given for any missed classes.

CHEQUE: Please make cheques payable to **PHOENIX THERAPIES**

DIRECT DEBIT: **BSB** 016353 **ACCOUNT** 489598502

NAME: PHOENIX THERAPIES

DESCRIPTION / DETAILS – PUT YOUR NAME

CREDIT CARD: Call the centre on 9303 9111 for credit card transactions

Name	
Address	
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Postcode	
Email Address	
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