



More Than Meditation

Learn easy everyday meditation

Our next meditation course begins 16th March, 2017

Focus the mind and train your brain

3 OUTCOMES

1. Worry Less
2. Sleep Better
3. Improve memory and concentration

WHAT the COURSE INCLUDES ...

Proven mindfulness exercises to help develop a regular meditation practice.

[Visit this link to learn more about the course details.](#)

FIND OUT MORE

“Thank you for bringing some peace, comfort, compassion, insightfulness and awareness into my life. I will never forget it.” — Linda, Psychologist, Caulfield

[Visit this link to read more testimonials.](#)

DATES and TIME

5 Thursday evenings 7pm-8.30pm

Commencing 16th March: 5 Thursday evenings: March 16, 23, 30 and April 4, 20.
(Thursday 13th is not scheduled due to Good Friday next day).

VENUE

South Yarra Baptist Community Centre
12-16 Surrey Rd, South Yarra

For details ring Justine on 9534 9495 or www.pathways2wellbeing.com.au

REGISTRATION and FEES

Registration

Please register your
details via the

[Lewis Institute website](#) or download a
[registration form here.](#)

Tuition fee

\$297 incl. GST

Early bird date: 24 February, 2016

Early bird fee: \$277