

Meditation Retreat on 17 November

Meditation Retreat on 17 November at Vedanta Hall, 15 Liverpool Road, Croydon NSW 2132



Meditation

ONE DAY RETREAT IN VEDANTA HALL
Sunday 17 November 9.30am—4.00pm

- Relaxation & Breathing Exercises
- Guided & Silent Meditation
- Overview of Meditation & It's Methods
- Group Discussion and Q &A
- Inspirational Reading
- *Walking the Labyrinth*—Meditation
- Lunch, Morning & After. Tea provided

Under the guidance of senior nuns:
PRAVAJIKAS GAYATRIPRANA &
SRIDHARAPRANA
and Yoga Teacher:
HIROKO YANAMOTO-SYMONDS

Donation for Retreat:\$20.00 Enrolments: admin.saradavedanta@bigpond.com
Vedanta Hall, 15 Liverpool Rd, Croydon Enq: 0408 029 336 www.saradavedanta.org

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