



Half Day Meditation Retreats

Sunday 23rd Feb & 22nd March, 2020

9am-12.30pm

@Yogaphysio

115 Haig Road, Auchenflower

Schedule:

Arrive just before 9am for 9am start.
Silent, self-led meditation (no instruction) from 9am-12pm.
Suitable for people with meditation experience.
Option to practice mindfulness of movement
& stillness according to your own timing.
Optional discussion over tea from 12-12.30pm.

Cost & Bookings:

No bookings required. No charge for event.
Contributions for venue hire are welcome.

What To Bring:

Bolsters and chairs available.
Bring your own sitting equipment if you prefer.

For more information contact:

Melissa Greben at melissa@melissagrebenpsychology.com
or Yoon-Suk Hwang at yoonsuk.hwang@gmail.com

