

LIVE LIFE LONGER



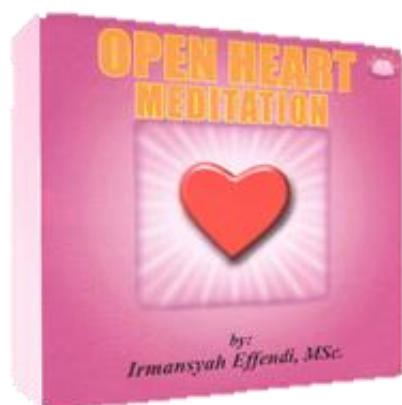
Want to be more relaxed, calmer and happier?

Heard of meditation, but never tried it?

Thought it was too hard? Struggle to stop the chatter in your mind?

Come to this new wellness session, Open Heart Meditation, to learn an easy way to relax. Great for beginners and also the more experienced to help achieve deeper meditation. Here are some potential benefits:

- Reduce daily stress
- Enjoy more peace, calmness and joy in life.
- Reduce emotional turmoil



The first session is free and then cost is only \$5 per session.

Minimum numbers required to go ahead

Where: ECU Joondalup Campus, Edith Cowan House
270 Joondalup Drive, Joondalup WA 6027

When: Tuesdays from June to November 2015
12.30 – 13.30pm

Where: ECU Mt Lawley campus, Room 3.194
2 Bradford Street, Mt Lawley WA 6050

When: Wednesdays from June to November 2015
12.30 – 13.30pm

Open to staff, students and the local community.

No need to register, simply sign in on the day.

For more information contact Melky Herlina on: 0433 919 887,
reikitungmo.perth@gmail.com or visit www.padmacahaya.com

