

# Meditation

**Explore your own interior  
spiritual world!**

Meditation does not have to be a gruelling exercise, with long periods of sitting on the floor!

Come to the Swedenborg Centre and experience a range of gentle meditation methods perfectly suited to contemporary living.

Explore with like-minded souls the possibilities of meditation, and discover a method that works for you.

**When?** Continuing on the first Monday of each month from 6.30 – 7.30 pm

**Where?** Swedenborg Centre, 1 Avon Rd. North Ryde (1<sup>st</sup> Floor)

**Cost?** Free

## Dates for the Meditation Sessions:

February 4th	August 4th
March 3rd	September 1st
April 7th	October 6th
May 5th	November 3rd
June 2nd	December 1st
July 7th	Not January '09

**Enquiries:** [swedenborgassociation@gmail.com](mailto:swedenborgassociation@gmail.com)  
(02) 9888 1066