

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? **Second Monday** of each month
from 6.30 – 7.30 pm

Where? Swedenborg Centre, 1 Avon Road,
North Ryde (1st Floor)

Cost? Free

Dates for the Meditation Sessions:

February 8th	August 9th
March 8th	September 13th
April 12th	October 11th
May 10th	November 8th
June 14th	December 13th
July 12th	Not January 2011

Enquiries:

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