

# 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 (1<sup>st</sup> Floor)

Cost? Free

Dates for the Meditation Sessions:

February 14th	August 8th
March 14th	September 12th
April 11th	October 10th
May 9th	November 14th
June 13th	December 12th
July 11th	Not January 2012

Enquiries:

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