



Half Day Meditation Retreat

**Sunday 8th December, 2019
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 & biscuits 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:

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