

MINDFULNESS MEDITATION & PRACTICAL PLANT-BASED NUTRITION

Find Stillness and Nourishment in a busy, demanding world
with Paul and Maia Bedson, The Gawler Foundation

Saturday 15 October

Mindfulness-based Stillness Meditation

Sunday 16 October

Eat Well, Live Well

9.30am to 3.00pm each day

Paul and Maia Bedson are
Retreat Leaders from the world-renowned
Gawler Foundation, leading retreats &
trainings in Lifestyle Medicine.

\$100 per day or \$180 for two days

Bookings: www.trybooking.com/213088

Lorna Sparrow Hall, St Anne's Gippsland Junior Campus, Sale

Enquires: Sharee Johnson 0439 046 037 sharee@skjconsulting.com.au