

BASIC MEDITATION CLASSES

SUMMER/AUTUMN 2017



FEBRUARY 19
MARCH 5 & 19
APRIL 2, 16, 30
3PM - 5PM

AKAROA MEDITATION TEMPLE
SOUTHERN LIGHTS CENTRE
433 LONG BAY ROAD

ALL WELCOME, NO EXPERIENCE NECESSARY
COST: \$10 PER CLASS // \$50 TERM

FIONA GRACE // WWW.FIONAGRACE.COM // 027 498 4520
WWW.SOUTHERNLIGHTS.ORG.NZ // 03 304 8893