



Physical • Emotional • Spiritual

Practising Presence

Coronation Hall, Te Kopuru

Mondays 6-7pm

Awareness of the present moment is an excellent way to maintain balance but it take practice!

**Time and space to pause, feel and contemplate.
Sitting and moving meditations to increase awareness,
compassion and serenity**

All Welcome

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- Exchange: \$10 per class (or what you can afford)