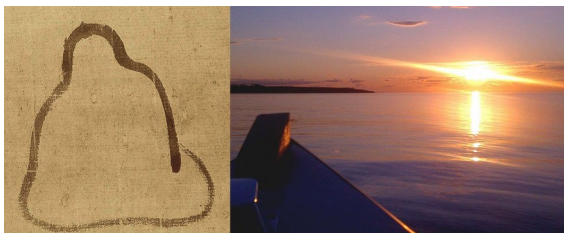


Meditation & Relaxation For MEN in Hobart



Meditation and Relaxation for Men in Hobart is a safe and supportive space for men wanting to increase their general wellbeing and emotional health, including anxiety and depression.

You can acquire the skills of modern therapy and the ancient but simple techniques of Yoga and Buddhism to work on a more effective way forward.

Facilitator is **Paddy Murray**, a trained counselor who has many years experience in Yoga and Buddhism. Paddy has worked since 1980 to support and encourage men from all walks of life including working as a Buddhist prison chaplain in a maximum security facility.

Contact: Paddy, 0427 837 830 **When:** Every second **Thursday 7pm to 9pm. Dates 2016 – 10 Nov, 24 Nov, 8 Dec. To continue 2017 where:** McDougall Bld. 9 Ellerslie Rd. Battery Pt. Hobart. (Level 1, Meeting Room 2) **Cost:** There is no formal charge, donations welcome to cover costs

