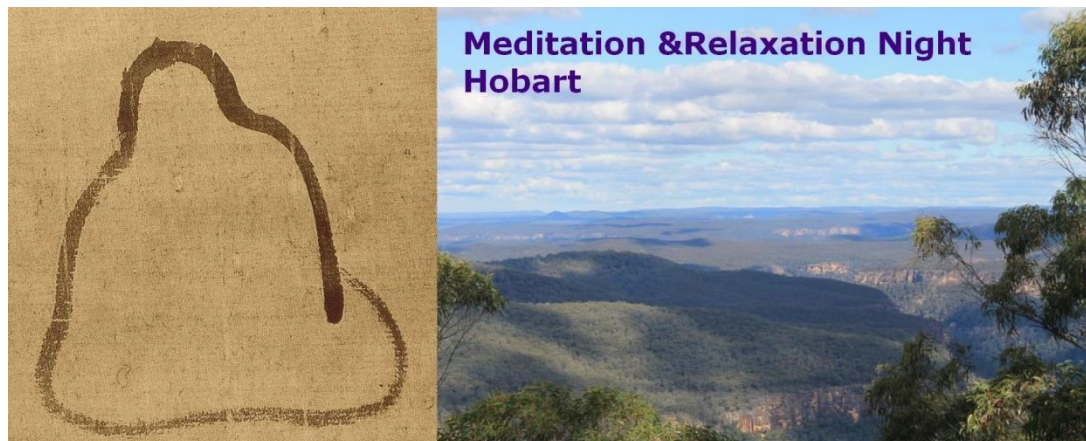


New Meditation and Relaxation Group Starts Hobart 6 April 2017



Sessions consist of: - short gentle Yoga postures, deep Yoga Nidra relaxation and Buddhist style breath awareness session which includes aspects of love, kindness and healing. There will be a short session at the end for feedback or a questions. Paddy can also share insights from Buddhism, modern therapy and 72 yrs.' of life experience with you.

The session is designed to create:

- Deep relaxation
- Create insights in having more relaxation in your life
- Help with increasing peace and decreasing moods like depression
- Provide an opportunity to ask questions on issues of interest to you

Facilitator is **Paddy Murray**, a trained counsellor who has many years' experience in yoga and Buddhism including working as a Buddhist prison chaplain in a maximum security facility.

Contact: Paddy, **0427 837 830**

When: Every second **Thursday beginning on 6 April from 6.30 pm to 7.30pm**

where: McDougall Bld. 9 Ellerslie Rd. Battery Pt. Hobart. (Level 1, Meeting Room 2)

Cost: Ten dollars a head per night, payable on the night.