



RELAXATION MEDITATION

*Ongoing relaxation meditation sessions held every week.
Sunday evenings at The Joyful Buddhas
70 Ocean Street, Victor Harbor*

The benefits of meditation and the habitual practice of relaxation techniques are increasingly being recognised by science and modern medical practitioners.

All the strength and inner peace you need, already resides within you.

Rejuvenate and empower yourself by learning and practicing these techniques habitually with The Joyful Buddhas.

Time: Sundays 6-7pm

Cost: \$15 per session (5 and 10 visit cards available)

*Email or phone to enquire about **all meditation classes** and for bookings*

8552 8229 or email info@thejoyfulbuddhas.com