

### **Dipping Your Toes into Mindfulness**

Find out about what everyone is talking about. Join us for an introductory evening into the science, the practise, and the benefits of mindfulness. Mindfulness helps us remove clutter in our minds, so that we can think more clearly about what we need to address in the present.

Date: Wednesday, 29 August 2018 - one night

Time: 6:00pm - 9:00pm

Cost: \$35 Individual / \$50 Couple

Venue: 5/11 Railway Terrace Alice Springs

### **Bookings are essential**

#### **How to contact us:**

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