



# **TERM 1, 2012 MEDITATION CLASS COMMENCES**

**A 7 week meditation course will begin at  
Buderim Yoga, Girl Guides Hall,  
Burnett Street, Buderim.**

**Date:       Tuesday  
              7th February to 20th March, 2012  
              7 classes**

**Time:       11.30am to 12.20pm**

**Cost:       \$140 payable 1st week**

This meditation class is suitable for everyone. It will give you the essential tools, and teach you to be able to finally meditate by yourself for the rest of your life. If you are a meditator already, it will enable you to strengthen your practice in a group and help you develop regular practice.

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              www.buderimyoga.com.au**

**Everyone welcome**