



Mindfulness and Meditation

Learn to unwind the mind with breath, mindfulness and meditation.

Join certified meditation teacher, Annie Knoth, for a mindfulness talk and gentle guided meditation to reset your nervous system. Give your mind a break and walk away with tools to regulate, heal and soothe your mind and body.

Wear comfortable clothing and bring your own yoga mat or cushion if desired.

Monday 20 May, 9.30am - 10.30am
Armadale Library

This session is for adults.

Places are limited and bookings are essential.
Visit library.armadale.wa.gov.au or call **9394 5125**.