



# **Half Day Meditation Retreat**

**Sunday 23rd September  
9am-12.30pm**

**@Yogaphysio  
115 Haig Road, Auchenflower**

## **Schedule:**

Arrive between 9-9.30am for a cup of tea, chat, and to settle in.  
Silent, self-led meditation (no instruction) from 9.30-12.30pm.  
Suitable for people with meditation experience.  
Option to practice mindfulness of movement  
& stillness according to your own timing.  
Optional lunch at a nearby cafe afterwards.

## **Cost & Bookings:**

No bookings required. No charge for event.  
Contributions for venue hire are welcome.

## **What To Bring:**

Bolsters and chairs available.  
Bring your own sitting equipment if you prefer.

## **For more information contact:**

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