



## **Half Day Meditation Retreats**

**Sunday 21st October, 2018**  
**Sunday 11th November, 2018**

**9am-12.30pm**  
**@Yogaphysio**  
**115 Haig Road, Auchenflower**

### **Schedule:**

Arrive just before 9am for 9am start  
Silent, self-led meditation (no instruction) from 9am-12pm.  
Suitable for people with meditation experience.  
Option to practice mindfulness of movement  
& stillness according to your own timing.  
Optional discussion over tea & biscuits from 12-12.30pm

### **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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