



# One-Day Meditation Retreat 2019

**Saturday September 14th**

9 am – 4 pm

@11 Second Avenue, Sandgate, QLD

## **Schedule:**

Arrive just before 9am for 9am start

Silent, self-led meditation (no instruction) from 9am-3:45pm.

Suitable for people with meditation experience.

Option to practice mindfulness of movement (in the garden or by the sea) & stillness according to your own timing.

Tea at 3:45 pm (optional) to break silence together.

## **Cost & Bookings:**

No bookings required. No charge for event.

Contributions for the venue are welcome.

## **What To Bring:**

Please bring your own comfy sitting equipment, a bag lunch and a sun hat.

Chairs and fridge available.

## **For more information contact:**

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