



## Synergy

*Wellness for Mind, Body, Soul & Skin*

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Heidelberg Heights, VIC 3081

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Open 7 Days  
By Appointment Only

Health Rebates and  
Workcover Accredited  
(Myotherapy and  
Remedial Massage Only)

## Meditation

**90 Minutes**

This is an invitation to experience inner peace through guided meditations accompanied by the healing sounds of the Celtic Harp. It is also designed to awaken your creativity, inner wisdom and inspiration through creative journaling, which is a place to free your spirit and express your authentic self through drawing, painting and writing.

The only prerequisite for this class is a sense of adventure and a desire to deepen your relationship with yourself.

Benefits of Meditation include:

- Reduced anxiety
- Enhanced clarity of mind
- Heightened concentration levels
- Better sleeping patterns
- More happiness and flow in your life
- Reduced stress levels
- Increased motivation and confidence

Suitable for beginners and advanced meditators who wish to experience something different.

- **No casual classes – Term-long course.**
- **Bookings absolutely essential.**
- **Maximum 10 persons per class.**
- **Cushions, chairs and art materials supplied.**

