



Hillwood Road Meditation Skills Centre—Term 2, 2024

362 Hillwood Road, Hillwood—just off the East Tamar Highway

RSVPs: contact Stephanie on 0439 070 593 or steph.chaplain@hotmail.com

Day	Time	Activity	Cost	RSVP
Sun	08:00-09:00	Zumba with Heather	\$10	
	09:45-10:15	Not-Church	\$5	Yes
	10:30-11:45	Meditation Meeting	\$10/\$5	
Mon	17:45-19:00	Yoga with Ruth	\$25/20/15	Yes
Tues	10:30-11:45	Meditation Meeting	\$10/5	
	18:30-19:30	Zumba with Heather	\$10	
Wed	10:00-12:00	Ladies Group with Gayle	\$4	Yes
Thurs	10:30-11:45	Meditation Meeting	\$10/\$5	
	18:30-19:30	Zumba with Heather	\$10	
Sat	08:45-09:45	Meditation Meeting	\$10/\$5	
	10:45-11:45	Open Hour	Donation	

Also available: ✨ Accommodation ✨ Counselling ✨ Workshops ✨ Retreats

Not just for meditators

People come here from many different backgrounds and for many different reasons. It's a place which focuses on warmth, life skills and social opportunities and where you can talk about mental health, grief, loneliness and spiritual experiences.

Internet Payments— to “Grace Junction” BSB 112-908, Account # 447971882, Ref: Your name & activity