

'The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.' Helen Keller



Heart Meditation

at **The Lotus Centre** 45 Victoria Street, Hobart

The **Heart Meditations** are a gentle introduction to our Spiritual Heart.

What is involved?

- Welcome & seated, brief relaxation
- A simple Heart Meditation (or guiding into the heart)
- Open Heart Meditation to assist the healing and opening of our hearts
- Additional practices for our hearts

What is it like?

After a session most people feel noticeably more relaxed & energised with a better & deeper sense of wellbeing, compassion & joy. Experiences differ for everybody.

Benefits are opening our heart is experienced often as a profound way to greater health, happiness, inner peace and spiritual growth.

Times:

Mon 1:30 pm & Mon 7:30 pm
Tues 1:30 pm Wed 1:30 pm
Thurs 1:30pm Fri 1:30pm
Sat 1:30pm

Cost: \$5 Donation towards room hire

For more information

Please contact The Lotus Centre on:

(03) 62 31 9669 or 0430 282 073

info@thelotuscentre.com.au

www.thelotuscentre.com.au

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