

MEDITATION

@ The Theosophical Society
2018

Wednesdays – 6pm to 6.45pm before
Our evening public talk



Short discussion followed by Meditation session

(access is through car park & up external stairs on left hand side of building at 355 Wickham Terrace)

Our discussion time will explore the qualities required as the foundation of meditation practice, followed by a time of practical meditation. Ideally the quality discussed each week can be practiced in the day-to-day life of participants during the week which follows. The discussion time is inspired by the *Yoga Sutras of Patanjali*.

For further information, please contact Phillipa on 0449 887 609.