



Beginners Meditation Class

William Morris will introduce a simple meditation practice that he has found helpful following his brain injury.

If you can breathe, you can take a few moments and give this a try. Finding an inner calm is what we all need in this busy world.

Brain Injury Waikato

**Monday 16 November 9.30 to
10.30 am**

**Monday 23 November 9.30 to
10.30 am**



Classes may continue next year with sufficient interest.

GOLD Coin donation appreciated

Please enter building via Kent Street Car Park

Look for our sign on rear wall

Contact Marion 07 974 4592 mobile 022 128 4154

Or Robin 07 839 1191 to register your booking

admin@braininjurywaikato.org.nz

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