

Meditation & Wellbeing

MIND, BODY & SPIRIT



Staley Health

Every Saturday 8:30am – 9:30am

At Torquay Community House

14 Price St, Torquay Vic 3228

Every day is an opportunity to transform ourselves to a life of inner peace and harmony; whether we choose to create this heavenly existence on earth or not is our decision.

– Nikki Staley Ph.D

About the Classes

A visualisation technique is used where the facilitator will talk you through the entire meditation. The meditations will be different each week and tailored to suit the needs of the attendees. A quick discussion prior to the session will ascertain issues to be resolved. Advanced classes will be a silent meditation.

Class sizes are limited so bookings are essential. You do not need to wear any special clothing to class, just something loose and comfortable. You may wish to bring a cushion and/or blanket if you prefer to sit on the floor to meditate and a bottle of water. Water is supplied if required. Please arrive promptly as the door is locked when the classes commence so any arrivals after that time will not be able to join the class.

Personalised one-on-one sessions can be followed up at another time with the facilitator for anyone wanting individual attention. These additional sessions can be arranged after the session.

Gold coin donation.

Classes will run during the school term.



Staley Health

1/30 Gilbert St,
Torquay Vic 3228

Phone Nikki Staley for bookings on
0400 497 024
www.staleyhealth.com

