

Meditation & Wellbeing

MIND, BODY & SPIRIT



Staley Health

Every Sunday 10:00am – 11:00am

at Spring Creek Community House

Beginners welcome.

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.

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 blanket and a bottle of water.

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 class.

Gold coin donation.

Classes will run during the school terms.



Staley Health

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Phone Nikki Staley for bookings on
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