



MINDFULNESS BASED STILLNESS MEDITATION

MONDAY TO FRIDAY 11.00AM

To be held Online via ZOOM

Join Zoom Meeting

<https://us02web.zoom.us/j/82928477776>

Meeting ID: 829 2847 7776

Teacher: Rev. John Tansey, registered member of Meditation Association of Australia, John has trained as teacher with the Gawler Foundation and regularly conducts Meditation in mental health settings with Eastern Health and runs Mindfulness Meditation Courses.



MEDITATION
association of AUSTRALIA

**Be Well During the
corona virus
Lockdown**

**Reduce stress and
Anxiety**

**Develop insight and
reflection**

**Increase wellbeing
and relationships**

**Deepen your
Spirituality**

CONTACT

Rev. John Tansey

tojtansey@gmail.com

0433259146

Elm St Mission,

654 Mountain Hwy,
Bayswater