

# Free Meditation Class for Beginners

Benefit from the relaxation, clarity and rejuvenation  
that meditation can bring.

Come and enjoy the peace and calm of meditation  
with a local experienced instructor.

Especially beneficial for HSC students.

**Date:** Wednesday 6 October  
**Time:** 11am  
**Meet:** Mona Vale Library  
1 Park Street Mona Vale

**Bookings essential: please phone Mona Vale Library on 9970 1600.**