



**blue body**  
inner sanctuary

## Meditation Timetable January 2019

Our next scheduled Meditation classes are:

Friday, 11<sup>th</sup> January  
Wednesday, 16<sup>th</sup> January  
Wednesday, 23<sup>rd</sup> January  
Wednesday, 30<sup>th</sup> January

6:30pm – 8:30pm

Cost: \$10

**The Healing Tree**  
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