



## Meditation Timetable December 2021

Our next scheduled live and/or online Meditation classes are:

Friday, 26<sup>th</sup> November

Wednesday, 1st December

Tuesday, 7<sup>th</sup> December

Wednesday, 15<sup>th</sup> December

Wednesday, 22<sup>nd</sup> December - TBA

*Optional online meditation on Sunday evenings – check updates on FB / emails*

6:30pm – 8:30pm

Cost: \$10

We are now **welcoming up to 15 guests** (or according to ongoing restrictions) in our space in **Mosman Park**. To reserve your spot, please email [emma@bluebody.com.au](mailto:emma@bluebody.com.au).

Please visit our 'online meditation' page for all the details including instructions on how to use Zoom. If you prefer to speak to someone, feel free to contact us on +61 (0)488 919 009.

The online classes are free, however if you would like to make a contribution, you will find the Square link on our 'online meditation' page.

**The Healing Tree**  
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