



The Art of Wellbeing

Join us for a free one hour mindfulness experience.
Come and learn simple breathing and meditation techniques
that can help you unlock a path to greater physical and mental health.

Saturday 28 September | 10.30am - 12.00pm | FREE EVENT

The Art of Living Centre, 93 Lansford Crescent, Avondale, Auckland 0660
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<http://bit.ly/artofwellbeing>