

Great Global Shift

Winter Solstice Healing Meditation
Wednesday 21st June, 6.30-8.30pm

Join the Great Global Shift meditation
to bring healing to ourselves
and to others in the world

Transformative Mindfulness integrates
receptive visualisation, expressive drawing and group sharing.
It is a simple and powerful way to make a difference in the world.
Focus on a personal issue, a community issue or a world issue that
you are concerned about and bring healing.

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\$15 or donation

Booking necessary

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**The Great Global Shift Meditation is a special event of Transformative
Mindfulness www.transformativemindfulness.com**

**Transformative Mindfulness is a Universal Education program of the
Foundation for Developing Compassion and Wisdom, UK.**

Patron: The Dalai Lama