

# *Transformative Mindfulness Maleny Monthly Group*

*Tools for life to reduce stress and discover the joy of wellbeing*

Experience the wisdom of the embodied mind with Transformative Mindfulness Methods of self healing to bring awareness and change to your life using receptive visualisation and expressive drawing.

Enhance your positive qualities to support your growth. Transform inner conflict allowing creative solutions to arise.

The techniques learned in the group can also be practiced as self care in daily life.

[www.lamponthepath.org](http://www.lamponthepath.org)  
[www.compassionandwisdom.org](http://www.compassionandwisdom.org)

This month  
**Sunday July 2nd 2017, 10am-1pm**  
Theme: Intuitive Body Scan



**First Sunday morning  
of each month**

10am - 1pm

**Maleny Yoga Shed  
31 Tallowood St**

**\$45 per session**

For bookings contact  
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