

Declan Craft

Something creative & social for the over 40s



Meditation & Relaxation Workshop



With Marina Carvin

Marina will introduce us to various forms of meditation; guiding us through techniques we can use in our daily life.

Meditation will help us become more grounded, emotionally and spiritually balanced and give us valuable tools to use during stressful times.

When

Saturday, 21 March; 10am-12.30pm

(includes morning tea)

Where

Meeting Room

(under the Church)

Cost

\$5.00

(wear comfortable clothing)

Bookings by

Monday, 16 March

Declan Craft
is for parishioners...

- who are in their 40s plus
- who are seeking some type of intellectual, creative and fun activity
- who are searching for a social outlet or network
- who are wanting to be part of a parish community activity

**LIMITED
NUMBERS!**

ALL BOOKINGS

Paulineke

Nolan

0419 426 123

wpnolan@internode.on.net

**BOOKINGS
ESSENTIAL!**

Declan Craft
Parish Community Activities
St Declan's Parish
92 Peshurst St
Peshurst NSW 2222
www.stdeclanspeshurst.org