



# Caulfield South Community House

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## GUIDED MEDITATION

Meditation is not about 'emptying' the mind, but rather learning to 'focus' the mind. Meditation can reduce stress, bring inner-calm, improve memory, problem-solving skills, productivity, efficiency and increase immune system function. It's one of the best tools we have to balance our emotions, deal with physical and psychological distress, and promote a better balance. But it can be tough to meditate without a teacher or guide. Enter guided meditations.

Meditating on your own requires some effort, while guided meditations literally walk you through a meditation one step at a time.

Join us each week for a 30 minute guided meditation covering a range of secular meditation and mindfulness techniques.

**Cost: TBC**

**Class operates every Monday 10.00am – 10.30am**

