

Meditation & Mindfulness in the Christian Tradition



Tap into a deep spring of love, joy, peace and compassion at the centre of being. Jesus called it 'Living Water,' with which we will never thirst.

Led by Roland Ashby, one of the most experienced meditation facilitators in Australia, this program is a beautiful space to stop for an hour to learn this ancient way of contemplation.

Thursdays 11am - 12pm

12 September - 14 November 2024

69 Alto Avenue, Croydon

Cost: \$100

Bookings: www.heartoflife.melbourne
or email info@heartoflife.melbourne



Heart of Life

Centre for Spiritual & Pastoral Formation