



## **PAUSING IN LOCKDOWN. MINDFULNESS BASED STILLNESS MEDITATION MONDAY TO THURSDAY 9.30AM**

**To be held Online via ZOOM**

*SouthPort Uniting Church is inviting you to a scheduled Zoom meeting.*

**Pausing In Lockdown - Online Meditations with John**

Join Zoom Meeting

**<https://zoom.us/j/96887771248?pwd=L2NabXk0MUZjT3lhaFN6MTdNVFYzZz09>**

Meeting ID: 968 8777 1248

Passcode: 750657

Teacher: Rev. John Tansey, registered member of Meditation Association of Australia, John has trained as teacher with the Gawler Foundation and has experience leading Meditation in a range of mental health settings.



**MEDITATION**  
association of AUSTRALIA

**Pause for your  
wellbeing During  
the corona virus  
Lockdown**

**Reduce stress and  
Anxiety**

**Develop insight and  
reflection**

**Increase wellbeing  
and relationships**

**Deepen your  
Spirituality**

### **CONTACT**

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South Port Uniting  
Churches

