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# Mindfulness Meditation at Coonabarabran



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During Mental Health Month, discover the art of mindfulness and how it can help to reduce stress and improve mood and concentration. Learn how to incorporate mindfulness into your day-to-day life to increase mental clarity and focus.

Join accredited meditation teacher Margaret Butler as she leads a group session of stillness meditation, designed to promote relaxation and well-being.

Free

All welcome

No bookings required

For more information please contact  
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