



[Signup to our Newsletter](#)

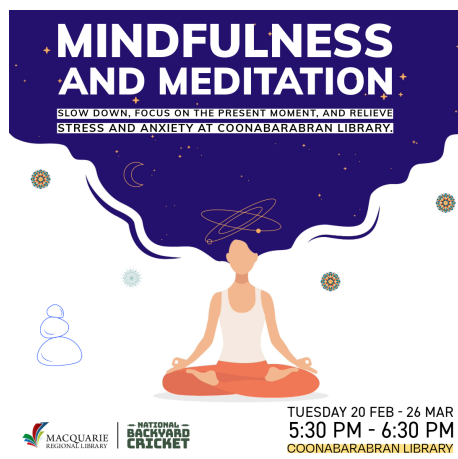
[Contact](#)

[Opening Hours](#)

[Join Now](#)

[Login](#)

Mindfulness and Meditation @ Coonabarabran Library



Mindfulness meditation invites you to slow down a little, bring your focus to the present moment, and relieve stress and anxiety.

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

[Back to search](#)

This weekly session offers a valuable opportunity to slow down, focus on the present moment, and find inner peace.

Whether you're a beginner or experienced in meditation, everyone is welcome to join this journey toward tranquillity and mindfulness. Take a step towards a more centered and peaceful you.

For more information contact Coonabarabran Library on 6842 1093 or at coonabarabran.library@mrl.nsw.gov.au

Library Catalogue

Search

Online Library

eBooks

eAudiobooks

eFilms

eMagazines

Databases

Download Spydus Mobile

Quick Links

Upcoming events

Storytime

[Renew my items](#)

[Contact us](#)

What's On

21 National Simultaneous Storytime @ Dubbo Library

Come along and join us fo ...

MAY

21 National Simultaneous Storytime @ Coolah Library

Come along and join us fo ...

MAY

21 Planning Ahead @ Coonabarabran Library

Come and join us for a sp ...

MAY

[SEE ALL](#)
