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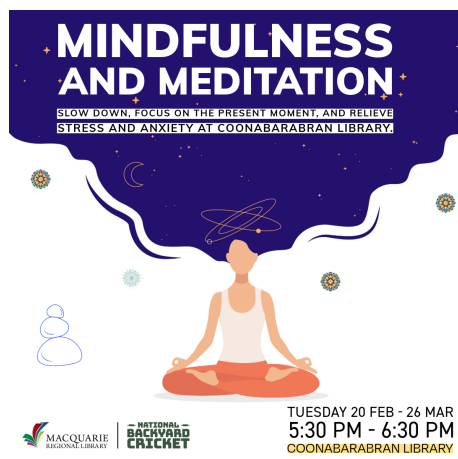
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Mindfulness and Meditation @ Coonabarabran Library



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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.

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

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