

Mindful

Mondays

Meet-ups on first Mondays

6:30 – 8:00pm



Ngunguru Memorial Hall

1879 Ngunguru Road, Ngunguru

2024

- ❖ February 5
~ Restorative Yoga Nidra
- ❖ March 4
~ Strengthening with the Ancestors
- ❖ April 1
~ Mindfulness Practices (every day-any day)
- ❖ May 6
~ Hawaiian Shamanism - Huna
- ❖ June 3
~ Warrior's Shamanic Journey



Mindful Mondays is for you if you are...

- Curious about self-development ideas
- Interested in mindfulness & meditation
- Open to new ideas
- Value learning with others

Mindful Mondays is...

- An opportunity to explore the many facets of mindful living
- A sharing of wisdom-teachings & practices from around the globe
- About deepening awareness of our relationship with nature
- Multi-cultural, non-denominational & inter-generational

Contribution

- \$20 recommended & appreciated
- Sliding scale available as needed

Please Bring

- Yoga mat and/or blanket, or similar
- Journal & pen (crayons optional)
- Drum or rattle (optional)
- Classes are 90 minutes



To save your spot & more info

- <https://www.svcdavies.com/MM>
- Suzanne @ svcdavies@gmail.com