

# **JUST BREATHE MINDFULNESS MEDITATION**

## **FREE BEGINNERS COURSE**

Learn this tool to help you in every aspect of your life.

We'll start simple and slowly develop a deep practice together.



**16-24 year olds only\***  
**4-6pm Wednesdays**

**Four courses in 2020:**

**Feb 26th - Apr 22nd**  
**Apr 29th - Jun 24th**  
**Jul 22nd - Sep 23rd**  
**Oct 14th - Dec 9th**

**Sign up: [bit.ly/mindful-signup](https://bit.ly/mindful-signup)**  
**Contact: [connor@malcam.org.nz](mailto:connor@malcam.org.nz)**

**Hive @ The Malcam Trust**  
**45 Maori Rd Belleknowes**

**\*The Malcam Trust is a Ministry of Youth Development provider**