

# Meditation for Healing & Wellbeing

*A gentle, supportive group practice for all levels*

Join us for one hour of guided meditation practice designed to support your healing journey. Each fortnightly session is a complete experience, covering the foundations of meditation while exploring different techniques including breath awareness, mantra, guided visualisation, body scan, sound healing, and heart coherence practices.

Whether you are completely new to meditation or are an established meditator, you will find value in these sessions. We begin each class with a discussion, ensuring everyone feels comfortable and supported, while offering depth for more experienced practitioners.

## Why Meditation Matters for Healing

Meditation is a powerful tool for healing that works on multiple levels - physical, emotional, mental, and spiritual. Neuroscience shows us that regular meditation practice literally changes the structure and function of the brain, supporting:

- Reduced stress and anxiety through calming the nervous system
- Improved sleep quality and restoration
- Enhanced immune function and natural healing response
- Better pain management and body awareness
- Greater emotional resilience and mental clarity
- A deeper sense of peace, hope, and connection

## Who Would Benefit

These sessions are particularly supportive for:

- Anyone undergoing cancer treatment or in recovery
- People navigating chronic illness or health challenges
- Those experiencing stress, anxiety, or overwhelm
- Anyone seeking natural tools for healing and wellbeing
- Complete beginners curious about meditation
- Experienced meditators wanting community support

## Session Details

<b>When</b>	Fortnightly, starting Friday 27 March 2026 Time: 11am to 12 Noon (1 hour duration)
<b>Where</b>	Nature Care Health Clinic, Level 5, 39-41 Chandos Street, St Leonards. NSW.
<b>Group Size</b>	Maximum 8 participants for intimate, supportive atmosphere
<b>Investment</b>	<b>5-Session Package: \$100 (\$20 per session)</b> <i>Commitment to the 5-session series ensures you experience the full benefits of regular practice</i>
<b>What to Bring</b>	Just yourself wearing comfortable clothing. Chair seating is provided

## How to Register

Spaces are limited to 8 participants to maintain an intimate, healing environment. To secure your place:

- Contact the Reception desk at Nature Care Health Clinic
- Phone: (02) 9966 8666
- Email: [reception@naturecarehealth.com.au](mailto:reception@naturecarehealth.com.au)

***Give yourself the gift of stillness, healing, and peace.***

*Your healing journey deserves this sacred time.*