

New Fortnightly Meditation for Healing & Wellbeing in St Leonards

Looking for a gentle way to support your health or manage daily stress? A new meditation group is starting at the **Nature Care Health Clinic** in St Leonards on **Friday May 15, 2026**.

These supportive one-hour sessions are designed for everyone whether you are a complete beginner or an experienced meditator. Each session explores different techniques to help calm the nervous system and promote restoration, including:

- **Guided Visualisation and Body Scans**
- **Breath Awareness and Mantra**
- **Heart Coherence practices**

The group is particularly supportive for those navigating health challenges, chronic illness, or simply seeking a deeper sense of peace and connection.

The Details:

- **When:** Fortnightly from Friday 15 May, 11 am – 12 noon.
- **Where:** Nature Care Health Clinic, Level 5, 39-41 Chandos Street, St Leonards.
- **Investment:** \$100 for a 5-session package (\$20 per session).
- **Group Size:** Limited to 8 participants for an intimate, supportive atmosphere.

How to Register: Spaces are limited. To secure your spot, contact the Nature Care Health Clinic reception at **(02) 9966 8666** or email reception@naturecarehealth.com.au