

Movement and Mindfulness Mornings FREE

Fortnightly on Fridays beginning 4th August 23

9:30am to 10:30am

LOCATION: East Maitland Library

3 Garnett Rd East Maitland NSW 2323

Each fortnight please join us for a different
movement & mindfulness activity.

Please wear warm comfortable clothing.

Mindfulness - is a mental state where you focus on the present, without judging or being distracted. Engaging in mindfulness can help you feel better and reduce stress. It is a useful technique that can help you deal with difficult emotions and situations.



Thank you to Maitland City Council Community Grants.

