

Mindfulness Stretching

Body Focused Mindfulness

Gets you out of your head,
and into your body.

Stretch away chronic pain & tension.

A perfect gateway (intro) practice to
bodywork / mindfulness.

Gungahlin, Woden, Civic, Belconnen
Beginners welcome

Intro Special \$199.⁷⁵ for 10 classes

Includes 10 video sessions

Video only available

10 wk terms start: 29 Jan 2024
 29 April 2024

CalmBeing.com.au

0437 135 474

 **CalmBeing**



{About}



David@calmbeing.com.au

0437 135 474



Signup

Mondays

2.45pm Belconnen Arts Centre*

*(6 sessions, all in a chair)

4.00pm Belconnen Arts Centre

Tuesdays

5.00pm Woden Seniors Club

Wednesdays

12.30pm Belco Arts Centre

5.30pm Palmerston Hall

Thursdays

12.30pm Woden Seniors Club

5.30pm Griffin Centre, Civic

"David creates one of the most welcoming spaces for his students that I've ever experienced. I believe this is why David attracts a wide range of ages and abilities to his classes. While our bodies always feel great after his class, we all feel so comfortable to show up as we are." Jo B.