

MEDITATION/MINDFULNESS

With Rajiv Thacker

- Have you ever wondered - WHO AM I? WHOM DO I BELONG TO? WHAT'S MY PURPOSE ON THIS PLANET?
- Have you ever wondered why your Life's journey is the way it is? Do you find it challenging to calm your mind and to overcome those sticky thoughts?
- Do you ever wonder why things happen to me the way it happens? How can I change the Quality of My LIFE?
- Are you willing to augment your Inner Power to face Life's Challenges with ease?
- How can I choose Happiness in these challenging times?

These and many other questions can be resolved through inner **Peace and Meditation**.

Let me show you *techniques and skills* to enhance your quality of LIFE.

Come join me on this journey of discovering your Self through metaphors, Q&A, story-telling and practising mindfulness/Meditation.

I – Rajiv Thacker - am a Raja Yoga Meditation teacher and practitioner for past 8 years but started other forms of Yoga practices at the age of 16.

I am also a qualified Personal & Spiritual Coach and blend the scientific techniques with meditation to improve Life's quality.

Join me Saturday mornings from 10 am to 12 noon from September 5 to experience a better way of living!

This is a FREE program offered on ZOOM by Mount Street Neighbourhood House during COVID-19 restrictions.

For bookings contact Jill by email mountst@msnh.org.au

