


Mindful Mondays



Detail

 Keyton

 Monday, 07 October 2024 09:30 AM -
Monday, 28 October 2024 10:30 AM

 1 Khartoum Street, Richmond - VIC

Event Overview

Join Us for a Complimentary 4-Week Qigong Course!

Ardency Kennedy Place and Move For Life Qigong are excited to offer a free 4-week course every Monday in October.

This is a wonderful opportunity to enhance your wellbeing and cultivate mindfulness through the 30-minute guided meditation sessions led by Emma.

Complimentary refreshments will be provided.

Date: Every Monday of October, starting from Monday, 7th October 2024 till Monday, 28th October 2024

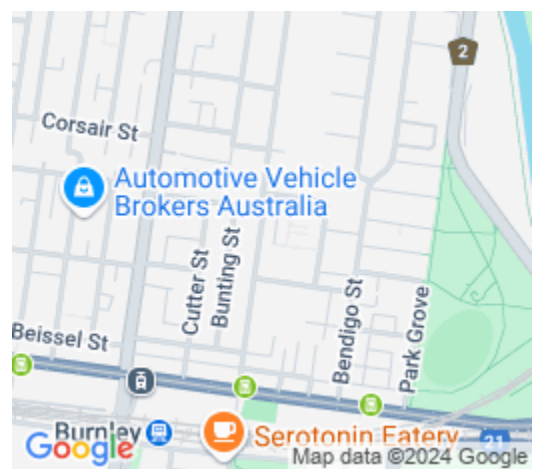
Time: 9:30am - 10:30am

Address: 1 Khartoum Street, Richmond, VIC 3121

Find out more information from
<https://www.downsizing.com.au/events/detail/1387/mindful-mondays>

Event ID

1387



Keyton - Ardency Kennedy Place