

A photograph of a duck swimming in water, with ripples around it. The duck is dark on its head and neck, and lighter on its body. The water is a mix of grey and brown tones.

Mindfulness Retreats

SATURDAYS, 1-3:30pm

Waikato Family Centre, 4 Radnor St

\$20 per retreat

Mar 2nd

May 11th

Further dates TBC

2-hour mini retreats (with afternoon tea break) to learn & practise mindfulness skills

Friendly & supportive environment

Open to beginners & those with experience in mindfulness

Contact Jo Wall; 021 266 5657 or jo-wall@outlook.com to register