



**Darebin
Intercultural
Centre**

INTERFAITH MEDITATION SERIES

Diverse forms of
meditation celebrating
Interfaith Harmony
Week

Celebrate Interfaith Harmony
Week through our Interfaith
Meditation Series.

Each week we explore a
different meditation practice
in order to experience peace,
joy, relaxation and clarity of
mind. These introductory
workshops will provide you
with diverse tools, knowledge
and perspectives to enhance
your meditation journey and
wellbeing.

Please note: sitting, standing
& walking involved. Discuss
with us your needs to
participate in the series.

WHEN

Wednesdays in February: 6, 13,
20 & 27

TIME

6:00pm - 7:15pm

COST

FREE. Bookings essential

WHERE

Darebin Intercultural Centre

BOOKINGS

Call 8470 8440 or email
intercultural@darebin.vic.gov.
au with your contact details and
access requirements

CITY OF DAREBIN

274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 | F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au



National Relay Service
TTY dial 133 677 or
Speak & Listen 1300 555 727
or relayservice.gov.au, then
enter 03 8470 8888



Speak Your Language
8470 8470

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