

**Kilbride  
Centre**

## *Open Heart Meditation*

**Mondays  
Evenings**

The Open Heart Meditation Evening is a gentle introduction to our spiritual heart.. Opening our heart is the key to health, happiness & spiritual growth.

*Led by Reiki Tummo Group.*

Time: 8pm  
Cost: \$5

*Enquiries: Steve on 0425 747 435/ 0419 005 386  
or go to <http://www.padmahaya.com/>*



## *Open Your Heart*



Kilbride Centre, 52 Beaconsfield Parade, Albert Park

Email: [contact@kilbridecentre.com.au](mailto:contact@kilbridecentre.com.au)

Phone: 9690 1076



**Kilbride  
Centre**

## *Open Heart Meditation*

**Mondays  
Afternoon**

The Open Heart Meditation is a gentle introduction to our spiritual heart..  
Opening our heart is the key to health, happiness & spiritual growth.

Time: 12pm  
Cost: Gold Coin Donation



*Enquiries: 9690 1076*

