

Mindfulness Practice Sessions



With Dr Pooja

Sunday 26th July & 2nd August

7.45 - 8.45 am

~ relax ~ unwind ~ de-stress ~

Join Dr Pooja on a journey into a world where traditional wisdom, scientific understanding and inner transformation converge.

Explore **unique practices** and embrace every moment mindfully by being in the present moment. These practices create profound positive physiological shifts in your brain lobes positively impacting all areas of your life. These practices can help to:

- Reduce stress and anxiety
- Improve your state of internal awareness
- Enhance feelings of calmness and joy

Bookings Essential!

Venue

Auckland Buddhist Centre
381 Richmond Rd
Grey Lynn, Auckland

Cost

\$60 (for two sessions)

What to bring

Yoga mat
Water to drink
Wear comfortable clothing

Contact us to book or enquire: email drpoojamaddela@gmail.com or phone 09-8204256 or 0211241890

Namaste



www.doctorpooja.com