

Meditation Day & Healing Day



An invitation to be informed and inspired by

IAN GAWLER

BVSc, MCOUNSHS, OAM

Join us to hear a renowned teacher of meditation and pioneer of Mind-Body Medicine instruct on how to find inner peace, health, healing and wellbeing.

- *Let go of stress and relax easily.*
- *Develop and deepen your meditation.*
- *Clarify a healthy and healing way of eating.*
- *Hear inspirational stories of survival.*
- *With plenty of time for questions and discussions.*

Two Full day Workshops in Adelaide

FOR EVERYONE INTERESTED IN THE POWER WITHIN

SATURDAY 20TH AND SUNDAY 21ST MARCH

TIME: (arrive 9.30am) for a 10am start till 4pm

VENUE: Basil Hetzel Lecture Theatre, University of SA,
Entry off Frome Rd. Check www.insighthealth.com.au for map.

COST: Sat/Sun single day \$98 (Concession \$85);
Weekend package (both days) \$172 (Concession \$155)
Healthy morning tea is included.

ENQUIRIES: Please call Cancer Care (08) 8373 1470 during business hours.

BOOKINGS: Book securely online at www.eventoffice.com.au/gawler
or call Angela on 03 5966 6102 for alternate booking methods.