

Friendly Zen COMMUNITY DROP-IN MEDITATION

MONDAYS 7PM

Toowong Community Meeting Place,
14 Josling Street, Toowong



Half hour meditation
Then tea and chat.



Bring your own sitting cushions
(some spares are available)
or use a chair from the venue.



Excellent disability access.



All welcome. No experience necessary.
Come as you are. Offered freely.

friendlyzen.com.au