

Mindful Meditation Group



Free!

Take a break and reconnect with the present moment through mindful meditation. This group offers guided practices to help you slow down, reduce stress, and build self-awareness.

You'll learn simple breathing techniques, grounding exercises, and ways to bring mindfulness into everyday life. Whether you're new to meditation or have some experience, this is a welcoming space to pause, reset, and cultivate a sense of calm.

Who/When

Ages 12-25:

The first session will be on April 29th, and from then on, sessions will take place on the third Tuesday of each month.

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Register to secure your spot!

<https://forms.office.com/r/PSFYm9Xtdj>

For more information email:

hsjgroups@headspacejoondalup.com.au

