

# Mindful Movement 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 methods, techniques to ground yourself, 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:

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](mailto:hsjgroups@headspacejoondalup.com.au)