

# 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:**

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