headspace Joondalup

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:
5:00pm-6:00pm

- 19th January
- 23rd February
- 23rd March
- 20th April

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Register to secure your spot!

For more information email:
hsjgroups@headspacejoondalup.com.au

https://forms.cloud.microsoft/r/598EWknbNC