KUMARA

Meditation Retreat

Two Day Retreat

Whether you are new to meditation or are an experienced meditator, the Kumara 'in situ' 2-day meditation retreat will take you to deeper levels of meditation that will transform your life.

These retreats are facilitated by Liz, the founder of Kumara. They are unique - unlike anything else you have experienced.

In the evening you can return home or the centre can suggest local accommodation.

Held Sat/Sun throughout the year
Dates can vary - please log onto the website timetable
Time: 9.30 - 3.30pm (each day)
Venue: Kumara Heathridge

For more information call Kumara Admin: 9307-3500
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