

Meditation at Tauhara



Would you like to join our monthly meditation?

Open to everyone – from those who have never meditated before and would like to try it out for themselves, to those with experience. We will lead you through a guided meditation into silence to help relax the body, focus the mind and bring you to a calmer more centred space. The meditation will take about an hour and will be followed by a pot luck meal or a shared BBQ.

5pm on the first Sunday of every month

Pot Luck meal or BBQ to follow

MEDITATION AT TAUHARA - NO CHARGE

Where: The Sanctuary, Tauhara Centre, Acacia Heights Drive, Taupo

When: The next three dates are 6 April, 4 May and 1 June.

What to bring: Warm, comfortable clothing and a blanket.

Contact: ph: (07) 378-7507 mob: 021-168-3229

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