

# MORE than MEDITATION

DISSOLVES UNHEALTHY STRESS



With meditation, as with exercise, the most important thing is that a person puts in time.

## FEB 27, 2020

5 evidence-based benefits to ease:

- STRESS
- ANXIETY
- PAIN
- INSOMNIA
- FATIGUE

Plus ... countless evidence-based factors to live a better and longer life.

### DATES & TIME

Times: 7:00 – 8:30 pm.

Commencing Feb 27, Mar 5, 12, 19 and  
Mar 26 7.00 pm -8:30pm

### VENUE

South Yarra Baptist Community Centre  
12-16 Surrey Rd, South Yarra

### REGISTRATION

Call Tina 9534 9495 or register online at:  
[DanielLewis.com](http://DanielLewis.com)

### FEES

Tuition fee: \$297  
Early bird fee: \$277 Early  
bird until: 2nd Feb 2020

### FACILITATORS

Bill Patterson, Dr Daniel Lewis, Kati Patterson and Dr Beverley Lewis.

### WEB

[DanielLewis.com.au](http://DanielLewis.com.au)

[www.mindbodysolutions.com.au](http://www.mindbodysolutions.com.au)

### PHONE

Call Tina: 9534 9495

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