

St Oswald's Anglican Church in partnership with the Anglican Rainbow Network

# CELEBRATING SILENCE

5 ST ANNS PLACE  
PARKSIDE

Take some time out to wind down on a Friday night by joining a community of meditators as we Celebrate Silence in a beautiful setting. No experience necessary.

Wine, soft drinks, and cheese to follow. Bring a mat, cushion or towel to sit on (chairs also available).

All are welcome including Allies of our Rainbow community.

NOV 15, 2024  
7 PM - 8.30 PM  
GA: \$20  
CONC: \$15



## HOW TO BOOK

Ph: 08 8463 0684 Online: [FEAST.ORG.AU](http://FEAST.ORG.AU)

## ST OSWALD'S ANGLICAN CHURCH IN PARTNERSHIP WITH THE ANGLICAN RAINBOW NETWORK

Unleash your inner power and tap into your true potential with this transformative workshop. Discover the art of balance, aligning your mind, body, and spirit.



NOV 16, 2024  
Yin Yoga Class: 8.30 AM - 9.30 AM  
Coffee & Croissants: 9.30 AM - 10.30 AM  
GA: \$30  
CONC: \$25

Master stress management techniques and mindfulness practices that can create a positive impact on your overall wellbeing. Join us today and begin your journey of transformation. All are welcome including Allies of our Rainbow community.

# TRANSFORMYIN

5 ST ANNS PLACE  
PARKSIDE

