

## Inner Calm Through Meditation and Sound

**Class:** Thursdays

**Time:** 12.30 pm - 1.30 pm

**Cost:** Term

**Term:** 7 Weeks

### **About the Class: Tutor Led**

Immerse yourself in the transformative power of meditation combined with the therapeutic vibrations of sound. This course offers a guided journey through a variety of mindfulness techniques, including breathwork, visualisation, body-scan meditations, and sensory awareness, as well as practices to cultivate loving-kindness.

Each session provides take-home techniques to integrate into your daily life, along with guided meditations to deepen your practice. Engaging discussions will offer insights and support, helping you navigate any challenges along the way.

Experience the resonant tones of Tingsha bells, Tibetan singing bowls, handpan, and other sound bath instruments, creating a soothing atmosphere that promotes deep relaxation and inner harmony.

Discover the profound benefits of meditation as you cultivate mindfulness, reduce stress, and enhance your overall wellbeing. Join us on this transformative journey to a more balanced, peaceful, and joyful life.

### **What to bring:**

- Loose comfortable clothing that will allow for stretching
- Bottle of water
- Mat, towel or use a chair
- Cushion (optional to sit on or use as a pillow to lie down)
- Notebook and pen





**Baulkham Hills** | 390 Windsor Rd, Baulkham Hills NSW 2153 | 02 9639 8620  
**Rouse Hill** | Rouse Hill Town Centre, Civic Way, Rouse Hill NSW 2155 | 02 9629 6038  
**Balcombe Heights Estate** | Learning in the Hills, Balcombe Heights Estate  
92 Seven Hills Road, Baulkham Hills NSW 2153 | 02 9639 7918  
✉ [enq@hca.org.au](mailto:enq@hca.org.au) 🌐 [www.hca.org.au](http://www.hca.org.au)

Learning in the Hills is a project of Hills Community Aid.  
The leisure learning program provides a range of tutor-led and social groups, classes for residents in north western and western Sydney.

**Location**

Classes are held at Learning in the Hills, Balcombe Heights Estate  
92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5

**Phone:** 9639 7918      **Email:** [learninginthehills@hca.org.au](mailto:learninginthehills@hca.org.au)

