



# MIND AND MEDITATION

Free 4 week courses  
September 2008 – Glebe, Hurstville & Katoomba

PRESENTED BY

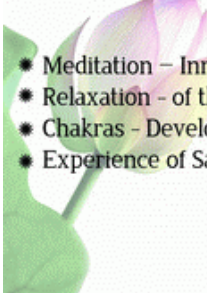
The Circle for Investigation of Gnostic Anthropology (CIGA)  
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GNOSTIC ANTHROPOLOGY

## MIND AND MEDITATION

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- Meditation – Inner Silence
  - Relaxation – of the Body, Mind and Emotions
  - Chakras – Developing the Interior Senses
  - Experience of Samadhi – The Illuminating Void

GLEBE: Commencing Monday 29th September 7:00pm  
St. Helen's Community Centre Hall (next to Glebe Public Library)  
184 Glebe Point Road, Ph. 9724 1192

HURSTVILLE: Commencing Monday 29th September 7:00pm  
Hurstville City Library, Crn. Queens & Dora Streets  
Ph. 8084 1519

KATOOMBA: Commencing Tuesday 30th September 7:00pm  
Uniting Church Hall, 146 Katoomba Street, Ph. 4782 3224

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