

# Mindful

# Mondays



**Meet-ups on first Mondays**

**6:30 – 8:00pm**



**Ngunguru Memorial Hall**

1879 Ngunguru Road  
Ngunguru 0173

- ❖ **September 4**  
~ *Healer's Shamanic Journey*
- ❖ **October 2**  
~ *Four Chambered Heart*
- ❖ **November 6**  
~ *Tools of the Healer*
- ❖ **December 4**  
~ *Visionary's Shamanic Journey*
- ❖ **January 8, 2024**  
~ *Māori Drawings*



For more info visit

<https://www.eventfinda.co.nz/2023/mindful-mondays/whangarei/ngunguru>

**Mindful Mondays is for you if you are...**

- Curious about self-development ideas
- Interested in mindfulness & meditation
- Open to new ideas
- Value learning with others

**Mindful Mondays is...**

- An opportunity to explore the many facets of mindful living
- A sharing of wisdom-teachings & practices from around the globe
- About deepening awareness of our relationship with nature
- Multi-cultural, non-denominational & inter-generational

**Contribution**

- \$20 recommended & appreciated
- Sliding scale available as needed

**Please Bring**

- Yoga mat and/or blanket, or similar
- Journal & pen (crayons optional)
- Drum or rattle (optional)
- Classes are 90 minutes

**To save your spot & more info**

- <https://www.eventfinda.co.nz/2023/mindful-mondays/whangarei/ngunguru>
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