

Meditation

Monday 6, 13, 20 & 27 Oct 4pm-5pm

Seeking a way to ease stress and anxiety, or improve focus, sleep, and overall well-being?

Join Aneeta, Tracey, and Sangita for Mindful Meditation sessions offered by U3A Warrnambool. Experience gentle practices including mindful breathing, body scans, and calming movements—perfect for daily life.

Meditation may not be suitable for people with some mental health conditions. Please speak to your treating health professional prior to joining the session.



Venue: Warrnambool Library, 8 Kepler St, Warrnambool

Bookings: <https://warrnambool.events.mylibrary.digital/>

or call 5559 4990 - Bookings open 1 Sept 2025

Cost: Free

2025 October 1st - 31st
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