

The Energetic Power of the Mantra and How it Trans

Saturday Date:

26 February 2022

St Peter's Anglican Venue:

Church Hall

15 Gisborne Street

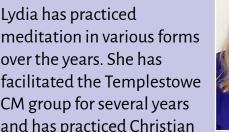
East Melbourne

Details: Cost \$20.

> Bring food to share, water bottle and cup

Presenter: Lydia Dyhin

Lydia has practiced meditation in various forms over the years. She has facilitated the Templestowe CM group for several years



Meditation for more than two decades.

Lydia has taught both meditation and Hatha Yoga for over 20 years as well as studying Energy Medicine. All of these practices have provided the groundwork for her passion for the study of subtle energies and their application.



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If you require further information contact chrmedvic@gmail.com or Mary Hartwig: 0431 408 336