



COMMUNITY DAY 2022

The Energetic Power of the Mantra and How it Transforms

Date: Saturday
26 February 2022

Venue: St Peter's Anglican
Church Hall
15 Gisborne Street
East Melbourne

Details: Cost \$20.
Bring food to share,
water bottle and cup

Bookshop
Available

Presenter: **Lydia Dyhin**

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



WCCM Australia (Vic) Inc
wccmaustralia.org.au
World Community for Christian Meditation
Australia (Vic) Inc.

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