



Mindfulness Meditation at Hutt St Library

Meditation is a skill that can be learnt enabling you to relax your body & calm your mind. Our weekly sessions are open to all people who want to learn in a respectful adult community setting.

Breathing Room:

First & Third Tuesdays of the month from 7pm to 8.30pm

For sitting meditation.

(Please arrive at the centre at 6.30pm for a 7pm start.)

Chill Factor:

Second & Fourth Tuesdays of the month from 10am to 11am

Practice some brief mindfulness exercises.

Our experienced teacher Nicholas is a successful graduate of the award-winning City of Adelaide Social Ventures Program & a Hutt Street 'Frontline Volunteer of the Year.'

Free event. No bookings required.

Hutt St Library

235 Hutt Street, Adelaide

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