



NEW SOUTH WALES
BAR ASSOCIATION

Ignite Your Spirit Meditation for Lawyers

5 week course

Presented by:

Chamundai (Jackie Curran)

**Lawyer, business owner,
spiritual teacher and healer**

**NSW Bar Association
Conference Room**

**4.30pm – 5.45pm starting
Friday 2nd September 2016**

Week 1 – Friday 2nd September

Week 2 – Friday 9th September

Week 3 – Friday 16th September

Week 4 – Friday 23rd September

Week 5 – Friday 30th September

Ignite Your Spirit meditation sessions will –

Bring you rest and relief from a busy week.

Teach you ways to manage stress day to day.

Leave you feeling lighter, brighter and happier.

Help you to slow down so you can achieve more.

Rewire your cells for better health.

Completing all 5 sessions will maximise the benefit you receive.

Cost of course: \$125.00 or \$25.00 per week
CPD points can be claimed.

**THIS PROGRAM IS OPEN TO MEMBERS OF
THE NSW BAR ASSOCIATION**

**For enquiries and bookings – please contact
Chamundai, chamundai8@gmail.com
or 0422 367 031**

**NSW Bar Association
Selbourne Chambers
Conference Room
B/174 Phillip Street, Sydney**