



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
Common Room

4.30pm- 5.45pm starting Friday
4th September 2015.

week 1 - Friday 4 September
week 2 - Friday 11 September
week 3 - Friday 18 September
Week 4- Friday 25 September
week 5- Friday 2 October

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

Re wire your cells for better health

Completing all 5 sessions will maximise the
benefit you receive.

Cost \$25 per class

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

REGISTRATION IS NOT REQUIRED

For Enquiries and bookings - please contact Chamundai,
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NSW Bar Association
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