



JEMMA TABET & BONNIE NILSSON RMT PRESENT:

TAKETINA RHYTHM MEDITATION PROCESS

**Facilitated by TaKeTiNa teachers - Jemma Tabet & Leonie Northfield.
No prior TaKeTiNa, music or meditation experience necessary. Simply
bring your curiosity!**

**FRIDAY 14 FEB, 7PM-9PM
@VALLA RURAL HALL, VALLA RD**

In the realm of music and in daily life TaKeTiNa can help you to:

- Access deep states of relaxation, spaciousness and stillness
 - Develop multi-layered perception
- Experience profound states of inner presence
 - Connect to yourself and those around
 - Quieten the nervous system
- Bring awareness and curiosity to habitual response patterns
 - Put aside anxiety about 'getting it right'
- Explore chaos patterns and our response to challenges
 - Find your personal learning pace
- Engage at your desired level of simplicity or complexity
 - Stay in flow

Tickets; \$25 per person, \$40 for two

Bookings & Inquiries:

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