



## **Green Friends**

**Caring for Mother Nature**

### **MORNING BEACH MEDITATION, BREAKFAST AND NATURE WALK.**

As part of Green Friends Australia's- **Living Consciously** campaign and in line with our focus for October/November *Developing Reverence for Nature* we are organizing a **morning beach meditation and reflection, breakfast and nature walk.**

We will meet "Little Wategos Beach" at the Cape Byron Headland Reserve; meditate together, share a fruit salad breakfast while we reflect and discuss this month's focus of *Developing Reverence for Nature* and end with a walk around the Reserve for those who wish to join us.

**Date: Sat 23<sup>rd</sup> October**

**Meet at : Little Wategos Beach,**

**Cape Byron Headland Reserve, Byron Bay.**

**8.00am-10.00am** followed by a walk for those who wish.

*After parking at Wategos Beach start to walk up the path to the lighthouse at the Southern end of the beach ( Cape Byron Walking track) . "Little Wategos Beach" is off to the left after a few minute walk. There are steps leading down to Little Wategos and a small sign. We will meet at the shaded grass area just up from the sand*

**What to bring:** something to sit on; fruit that we'll cut up to make up a shared fruit salad breakfast, water, sunhat, raincoat .... and an open heart!

(NB If the weather is excessively wet we will reschedule.)

There is no cost it is simply a morning in Nature!

**To register your interest contact:**

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