



## **BEACH MEDITATION and COASTAL WALK**

In line with Green Friends focus for November *Developing Reverence for Nature* we are organizing **an all day coastal walk and meditation.**

We will meet at Amma's Ashram in Carrum Downs, do a car pool and drive down to Sorrento, Cape Schanke or Somers (location still to be decided!) for a good walk through the dunes, coastal tee trees, and along ocean beach for some quiet reflection and meditation (including group mediation/guided visualization and earth healing).

**Date: Sat 20th November**

**Meet at the Ammas Ashram -Curram Downs at 10am**  
(842 Frankston-Dandenong rd, Carrum Downs, Vic.)

Bring good walking shoes, lunch in a back pack that you can carry, water, sunscreen jackets etc. (NB If the weather is excessively cold we may reschedule!) There is no cost it is simply a day out in Nature!

**To register your interest contact:**

**Darshana 0411 234 826 or**

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