



BRIGHTON WELLNESS HUB

Breathwork ***for healthy body and mind***

**Everybody is welcome. Bookings not required.
Join Ewa for 45min of conscious breathing
followed by 15 min meditation.
Learn new techniques and master your own breath.**

When: 3rd Saturday of each month

Where: Brighton Wellness Hub

(Crn Nineteenth Ave, Brighton 4017)

Time: 8.15am – 9.15am

Cost: \$10.00 pp

Please call Rebecka Willson
if you have any questions 3631 7568

All welcome to attend

**Metro North
Health**



**Queensland
Government**