Please join us for...



Movement Meditation

SPEAQ Forum Friday Morning Activity

Friday October 24 – 7.30 am Conference room

Ease, balance, stillness, clarity, presence.

These qualities make our lives and work easier, with more flow. How do we create space for this? This early morning activity is shared in a spirit of collegiality by Paul Monsour, a long-time meditator who has noticed profound benefits in a simple practice of slow, mindful movement.

Join this session as a way to start your Friday differently, set the tone for a beautiful day and to make the most of Day 2 of the Forum.

There's still time for a short breakfast or coffee at Frescos Restaurant after this session, before Friday's opening address at 8:30am. The restaurant also opens beforehand at 6 am and does not require bookings for breakfast.

This activity is suitable for varied abilities.

SPEAQ

SERVICES AND PRACTITIONERS FOR THE ELIMINATION OF ABUSE QUEENSLAND