

# Meditation and mindfulness for healing and wellness with Steve Chin



QUAAMA RENEWAL PROJECTS

moving forward, sharing hope

**Commencing on 14 August 2021**

3 – 4pm every 2nd Saturday of the month at Quaama School of Arts Hall

**Free of charge**

Steve Chin has over 18 years' experience in teaching Tai Chi, Qigong and Meditation. and is the founder and chief instructor of the Sapphire Academy of Tai Chi & Meditation.

Steve is also a clinician, health professional and healing facilitator with qualifications in Health Science, natural therapies, massage therapy, nutritional medicine, Acupressure and exercise therapy.



Sessions include:

- Introduction to meditation and mindfulness;
- breath awareness and mindfulness;
- meditation in stillness and in motion;
- integrating meditation and mindfulness into daily life for peace, health, harmony, healing and wellness

Steve is passionate about healing facilitation through clinical therapy as well as providing Tai Chi, Qigong and Meditation classes, facilitating medicine music expression sessions, Tai Chi and Meditation retreats, and health and wellness workshops.

Bookings <https://www.eventbrite.com.au/e/meditation-and-mindfulness-for-healing-and-wellness-with-steve-chin-tickets-161986055653>

or call 0437263128 email [quaamarenewalprojects@gmail.com](mailto:quaamarenewalprojects@gmail.com)

*maximum 20 people per session*

*Covid rules apply*

A Quaama Renewal Project

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Australian Government

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