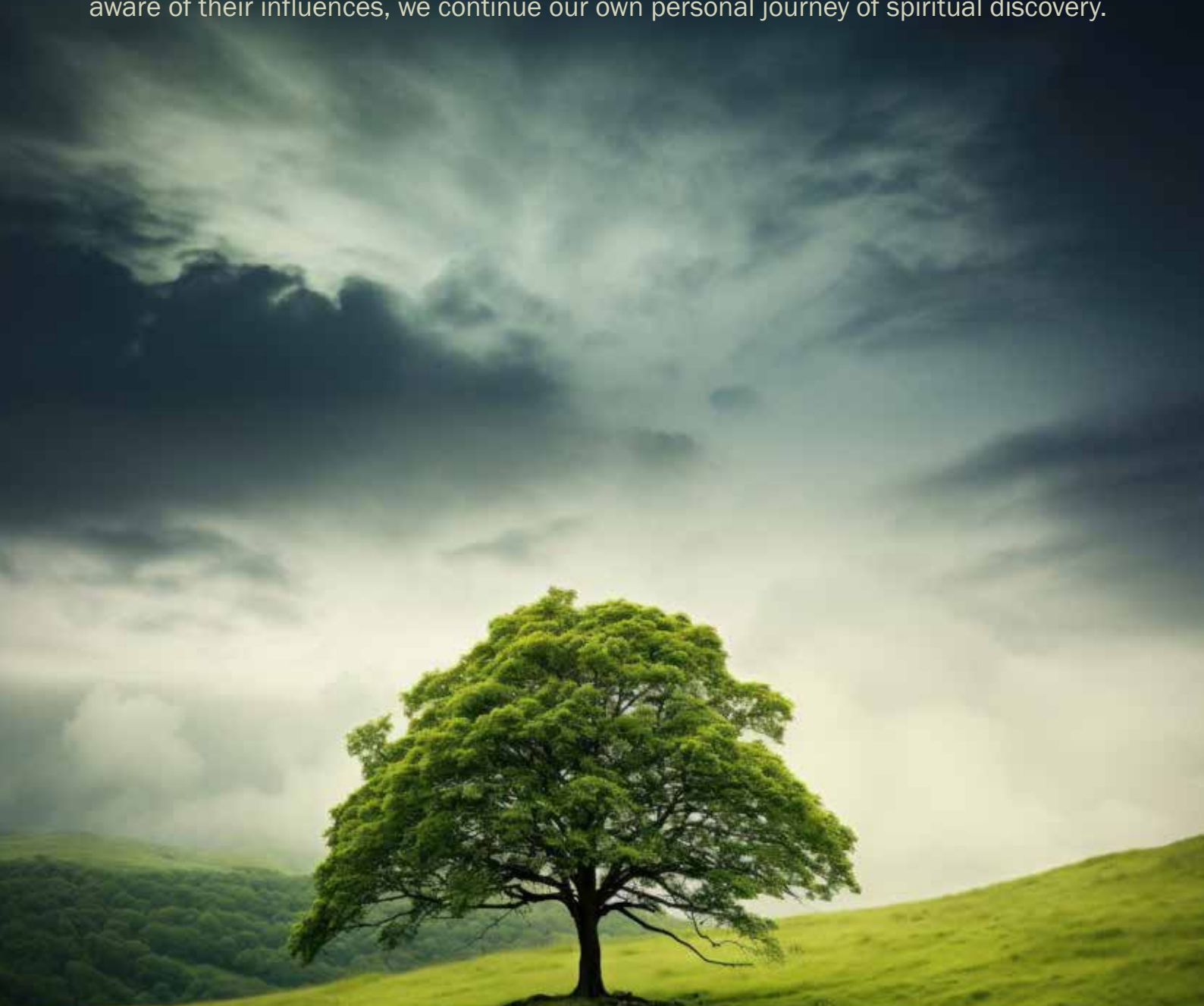


INVITATIONS TO THE MONASTERY OF THE SOUL

The Lost Art of Simplicity & Attending

The Australian Community of Aidan and Hilda presents a four part series over 2025. The first of four is called, *The Lost Art of Simplicity and Attending*. Within our busy lifestyles we pick up 'attachments of life' that can confuse or lessen our spiritual journey. Being aware of their influences, we continue our own personal journey of spiritual discovery.



SATURDAY, 1st FEBRUARY 2025. 1:00pm till 4:30pm.

'The Garden Hub' Swan Bay Sustainable Gardens - 182-190 Swan Bay Road, Wallington

BOOKINGS ESSENTIAL: Gary Lyons 0417300957 or gwlyons@bigpond.com

COST: By Donation. Refreshments provided. Contact Gary for further information.