



# Living fully in the Now

**What does it mean?**

**What assists us? What hinders us?**

## **When**

Friday, 26 April  
10.00am - 1.30pm  
(concluding with lunch together)

## **What**

Drawing from Richard Moss  
*The Mandala of Being*, this reflection day  
will introduce participants to principles  
and practices for living fully in the Now.

## **Where**

Kildara Centre  
Rear 39 Stanhope Street  
Malvern, Victoria

## **Facilitator**

Kaye Twining  
BTheolGradDip(spiritual direction)MA  
Coordinator  
Tree of Life ~ Spiritual Wellbeing

**RSVP** on or before 19 April

## **Donation**

The suggested donation is \$15  
(includes lunch)