

Midweek Reset Meditation

Wednesdays 7.00am to 7.30am
(Adelaide time)
From 18th May
Online (free)

Join Kim in this guided meditation session to set you in a good state to take on the rest of the week. There is a calming yet restorative power in meditating together. You are welcome to stay in your pyjamas with your camera off. No judgement!



Please contact Kim at kim.seow@cittalift.com for the zoomlink.



Kim Seow

Kim's greatest passion is to share the mindfulness practices and evidence based psychological skills that helped her to overcome adversities and to transform her life to one filled with gratitude, compassion and meaning.. She brings to her training a blend of Western psychology and Eastern spiritual teachings.

Cittalift
Lifting consciousness,
awakening together

