

Let's take each brilliant step mindfully  
carrying a message of unconditional  
love, peace & harmony.



Fall in love with nature  
Walk for Awareness  
'Heart-Mind Well-Being'

Caloundra - Kawana (25 km return)

**Tuesday 11th June**

start time 7am

meeting at Happy Valley

Esplanade Bulcock Beach,

Caloundra QLD 4551

welcome to join contact@jetavana.com.au

Silent walk raising awareness  
for Heart-Mind Well-Being  
#walkforawareness #wellbeing  
#heartmind @DalaiLamaCenter



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"Look deep into nature and then you will understand everything better."

Albert Einstein

May this Antahkarana  
Ancient Healing Symbol give you Balance,  
Harmony and Peace.



"Colors are the smiles of nature."

Leigh Hunt

"Nature's beauty is a gift that cultivates appreciation and gratitude."

Louie Schwartzberg

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