FRONT

Macaroon Meditation

With some kind of eye catching image, that would capture meditation and Macaroon.

BACK

**Macaroon Meditation Course**

**Macaroon What?!**

Yes you read right. Macaroon meditation! What could be better than combining the dilatable taste of a yummy Macaroon with meditation, right? Well that is exactly what this course is all about with a little bit of Mindfulness thrown in.

**Learn to Eat a Macaroon without gaining weight!**

“What do you mean? I already know how to eat Macaroons.” We challenge you that you have in fact not really eaten Macaroons. So we are going to teach you how to do it mindfully. This way you are guaranteed not to gain weight while eating Macaroons.

**What you get with the course:**

* A Macaroon Meditation course book.
* Mindfulness and meditation instruction online.
* Learn how to eat Macaroon mindfully.
* Learn Meditation techniques and postures.
* FREE mp3 Guided Meditation download.
* 5% of the course goes to charity – Please see our website for this month’s charitable cause.

[www.Macaroon-meditation.com.au](http://www.chocolate-meditation.com.au)

Brought to you by Wide Open Road Wellness

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