

KELEE MEDITATION

10-week meditation course

Transform your mind and unlock your full potential. This course helps you develop a mind that stays present, consciously aware, and free from fear and stress. Learn practical techniques to train your mind, improve focus, and increase mental clarity, giving you the stability to handle workplace and personal pressures with ease.



“The benefit of being in a group surrounded by others who have been experiencing the same struggles as I have helped immensely.”

This isn't just meditation—it's a structured journey into the mind. By combining practical tools with expert guidance, you'll leave the course with lasting mental clarity, emotional balance, and the ability to handle life's challenges with ease.

What You Will Learn

- Understand the anatomy of the mind
- Master Kelee® Meditation
- Remove mental blocks such as stress, anxiety, and depression
- Train the features of an elite mind for peak performance

Course Outcomes

- Reduce brain chatter and increase focus and self-awareness
- Boost energy, improve sleep quality, and strengthen your immune system. Reduce stress, anxiety, and depression
- Gain greater self-realisation and internal freedom

Course Fees

- AUD \$350 (includes GST). Full payment is required prior to the course commencement.

Additional Benefits:

- Miss a class? Recordings available to watch at your convenience
- Post-session resource material
- Course books included
- Small class sizes (max 10) for personalised guidance

✓ Reserve your spot today and start transforming your mind.



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Course Outline (10 x 90-Minute Sessions)

Session 1: Learn the practice of Kelee® Meditation

Session 2: Becoming consciously aware

Session 3: The difference between brain & mind

Session 4: The surface of the mind

Session 5: A map to the mind

Session 6: Understanding dysfunction

Session 7: Detaching from hurtful thoughts

Session 8: The flow of the Kelee®

Session 9: Facing your fears

Session 10: Evolving your mind

Class Dates - TERM 4

12 Oct 2025, Sun 4 – 5:30pm

19 Oct 2025, Sun 4 – 5:30pm

26 Oct 2025, Sun 4 – 5:30pm

9 Nov 2025, Sun 4 – 5:30pm

16 Nov 2025, Sun 4 – 5:30pm

23 Nov 2025, Sun 4 – 5:30pm

30 Nov 2025, Sun 4 – 5:30pm

7 Dec 2025, Sun 4 – 5:30pm

14 Dec 2025, Sun 4 – 5:30pm

4 Jan 2026, Sun 4 – 5:30pm

✅ Reserve your spot today by emailing: team@thekelee.com.au

