

The Lounge

Thursdays

2.00pm - 3.00pm

**A chance once a week to
switch off and pamper
yourself!**

Ever wondered what meditation was all about?

Take an hour out of your week to have a look at your mind and learn simple techniques to calm it. These weekly one-hour sessions will involve two guided meditations with a break in between for tea or coffee, biscuits and chat.

We will be seated comfortably (no sitting cross-legged!)

Come along, learn to wind down and meet new people.

A suggested donation of £2.50 per session would be gratefully received.

To find out more and to register your interest please contact 01539 728118