



# Mindful Meditation - Going Deeper

**The Detached Room,  
Castle Street Centre  
Kendal**

**Mondays 6, 13, 20 & 27 Jan, 3, 10, 24 Feb,  
2 March  
2.00 - 3.30pm**

**Breathe, Relax and find Calm**

*If you have already followed an introductory course or already meditate, you may like to spend some time deepening your practice. Come and meditate in a group where you'll be able to participate in:*

- longer meditations
- meditations with reduced guidance
- mantra meditation
- mindful movement
- poetry and music

*Suggested donation of £2.50 per session*

For more information and to book your place  
please contact us on **01539 728118**

