

The Miracle of Meditation

Why not drop the cares of the week and ease into the weekend feeling relaxed and peaceful



Training the mind and staying in the present moment is a beautiful way of releasing energy and finding inner peace

Classes are on most Friday's from 19.00 – 20.30 at Weybridge Museum.

For registration and more information call Sally on 07958 523628

<http://www.londonmeditation.org>

Just bring a cushion to sit on, £2 for the room and a donation for the teacher; this is a traditional Buddhist custom.