

MEDITATION AND MINDFULNESS

At St Andrew's

Weekly one hour sessions in
St. Andrew's Church, Leam Lane
Every Thursday at 7:00 pm

Meditation is easy to learn and has proven benefits in improving health, peace of mind and emotional well-being.

Sessions are **Free of Charge** and open to people of all faiths and none. No experience of meditation is required.

Everyone is welcome

For more details please contact
Revd Rupert Kalus on 07485 766752
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or simply turn up on the day.

Rupert has taught meditation in different locations across the north-east for over twenty years