

Breathe – Meditation and Mindfulness
Mondays at 2pm Thursdays at 7pm (term time)

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

Sessions are **Free of Charge** and open to people of all faiths and none.

No previous experience is necessary.

at St Andrew's Church Leam Lane Everyone is welcome

For more details please contact Rev Rupert Kalus on 7485 766752

rupert.kalus@btinternet.com

Or simply turn up on the day



Begins 29th September at 7:00pm
At St Andrew's Church, Leam Lane

All Welcome

For Information Contact

Revd Rupert Kalus

07485 766752 rupert.kalus@btinternet.com

Being With is for anyone who's curious about faith - or wondering if the Christian faith has something meaningful to offer. No special knowledge needed.

Just what you have learned in life so far.