

MEDITATION WORKSHOP

Clear your mind and find out about the
benefits of meditation



Monday 15th April



11am to 1pm



**Bromley United Reformed Church,
20 Widmore Road,
Bromley, BR1 1RY**

Meditation involves focusing or clearing your mind using a combination of mental and physical techniques and can benefit our physical, mental, and emotional wellbeing. Refreshments provided. Booking required.

TELEPHONE

020 8466 0790
07421106922 or 07938 740361

EMAIL

chetan.raval@bromleywell.org.uk
caroline.hackett@bromleywell.org.uk

Map and directions

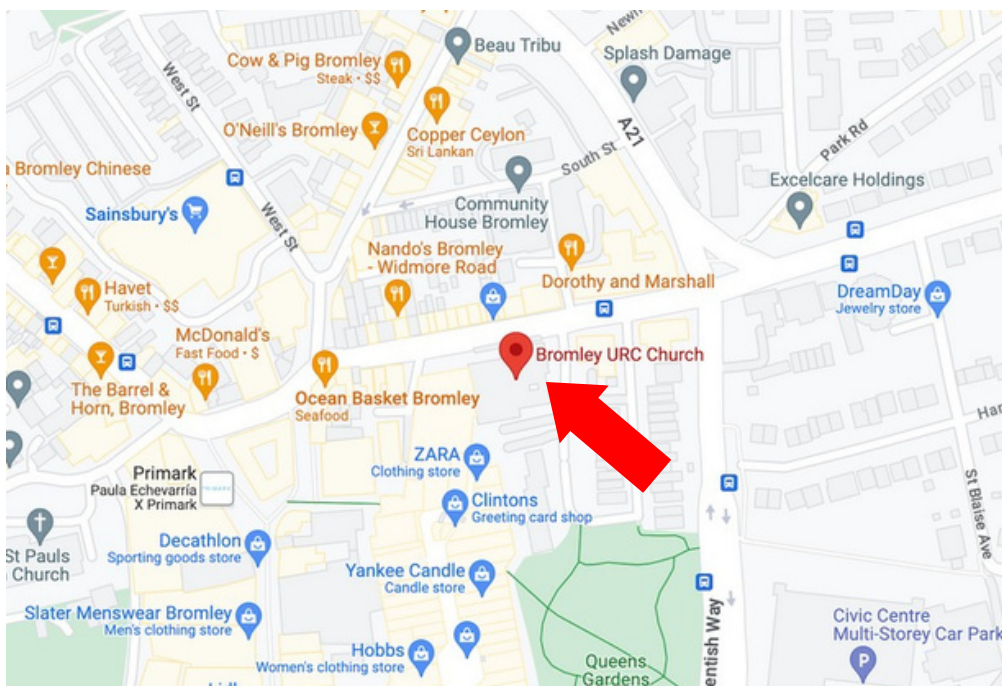
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes walk away.



Our goal is to empower individuals with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.