



**Bexleyheath Christian Spiritualist Church
85 Lion Road, Bexleyheath Kent DA6 8NT
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Meditation for All Workshop

**Saturday 21st February 1:00 – 5.00pm
With Karen Hambleton-Owen**

As we enter a new year we make intentions and promises to ourselves to explore new avenues of self care for our own lives. This is an afternoon of calming, relaxing self care it invites you to explore yourself further and develop good group and home self practice.

In the 4 hour session we will discuss and participate in developing and further developing this practice.

calming the mind

focusing on relaxing the body

practicing different ways and methods

Being guided safely to understand how to meditate as part of a group and home practice

Enjoying an afternoon of relaxation.

**Spaces are limited to 20 people
To book or learn more, contact us today.
Step into a day relaxation!**

Cost of Workshop £25

Booking (and payment) by Sat 14th February is essential to secure your place