



LEARN TO MEDITATE

A four-week introductory course on video
given by Laurence Freeman

*"Come to me all you who are burdened
and I will give you rest"*

Meditation is as natural to the spirit as breathing is to the body. It opens and renews our humanity and teaches what fullness of life truly means. And it is simple.

Join this practical course and learn more about peace and your true self - and meet friends for the journey.

The Well Centre for Spirituality,
38 Church Road, Westbury-on-Trym, BS9 3EQ
Four consecutive weeks starting Thursday October 1st
4.00 to 5.15 p.m.

No charge, but donations for the upkeep of The Well's medieval cottage welcome.
For more information contact shelagh.layet@gmail.com or 0117 462 1117