

MEDITATION MONDAYS

Join us to relax and unwind, followed by lunch and a drop-in advice session



Monday 23 February



11am to 1pm



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



Come and enjoy a relaxing guided meditation session dedicated to helping you relax, recharge, and refocus. Afterwards, stay for our drop-in from 12 noon to 1 pm – lunch is included. **Booking is essential. Please tell us about any dietary requirements or allergies when you book.**

You're welcome to bring a yoga or Pilates mat if you'd like to lie on the floor; a blanket may help you stay comfortable.

Please contact us to book your place.



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Service delivered by:



Funded by:



South East London

Map and directions

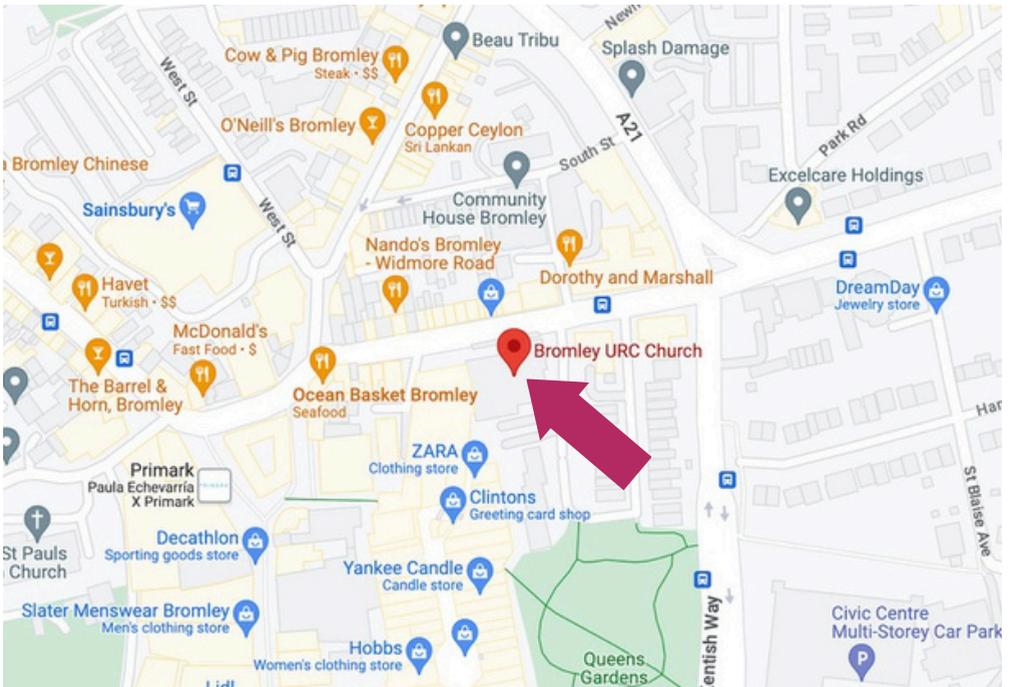
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The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

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.