

Learn to Meditate

Four Week Course starting 11 September



Learn how to change yourself – and change the world

Through silence and stillness

we open our hearts to the inner source of our being.

Meditation is a way of praying without words.

We meet at The Well Centre for Spirituality, Thursdays 4-5 pm.

38 Church Road, Westbury-on-Trym, Bristol BS9 3EQ.

Next to the Parish church. Footpath from the Westbury Hill car park.

All welcome.

Please register or questions to shelagh.layet@gmail.com or phone 07983 594182

We are part of a tradition that shows us a way to find the source of love, of blessing, of hope... within ourselves lying there to be found.