

MEDITATION MONDAYS WITH CRYSTAL SOUND BOWLS

Join us each month to explore simple and effective ways to de-stress. Because self-care isn't a luxury — it's a necessity.



Monday 18 August



11am to 1pm



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

Come and enjoy a monthly session dedicated to helping you relax. Afterwards, why not stay for our drop-in session from 12 noon to 1pm. Lunch included!

Important Information:

This session includes meditation using crystal sound bowls.

If you have epilepsy or a pacemaker, please speak to your GP or consultant before attending. Written medical consent will be required.

Please contact us to book your place.



Telephone: 020 8466 0790



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

Map and directions

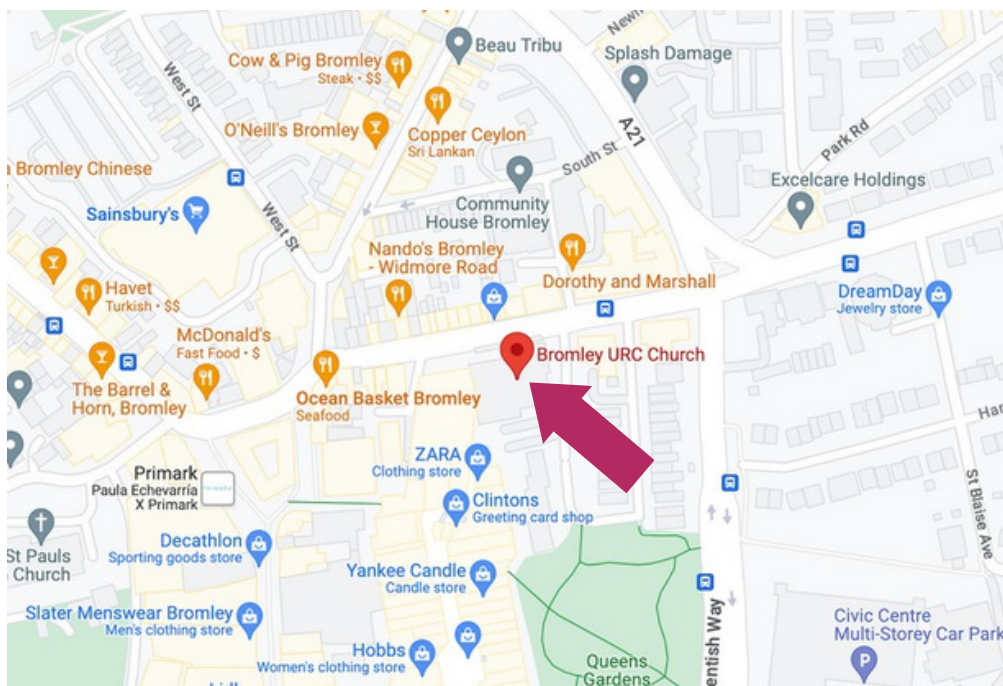
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



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.