

MEDITATION MONDAYS

WITH CRYSTAL SOUND BOWLS

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



Monday 16 March



11am to 1pm



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

Come and enjoy a relaxing session. 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. Please book by Friday 13 March.

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.

Important information

- Includes guided meditation with crystal sound bowls.
- If you have epilepsy or a heart condition, please speak to your GP or consultant before attending.

Please contact us to book your place.



Telephone: 020 8466 0790



Email: caroline.hackett@bromleywell.org.uk

Service delivered by:



Funded by:



South East London

Map and directions

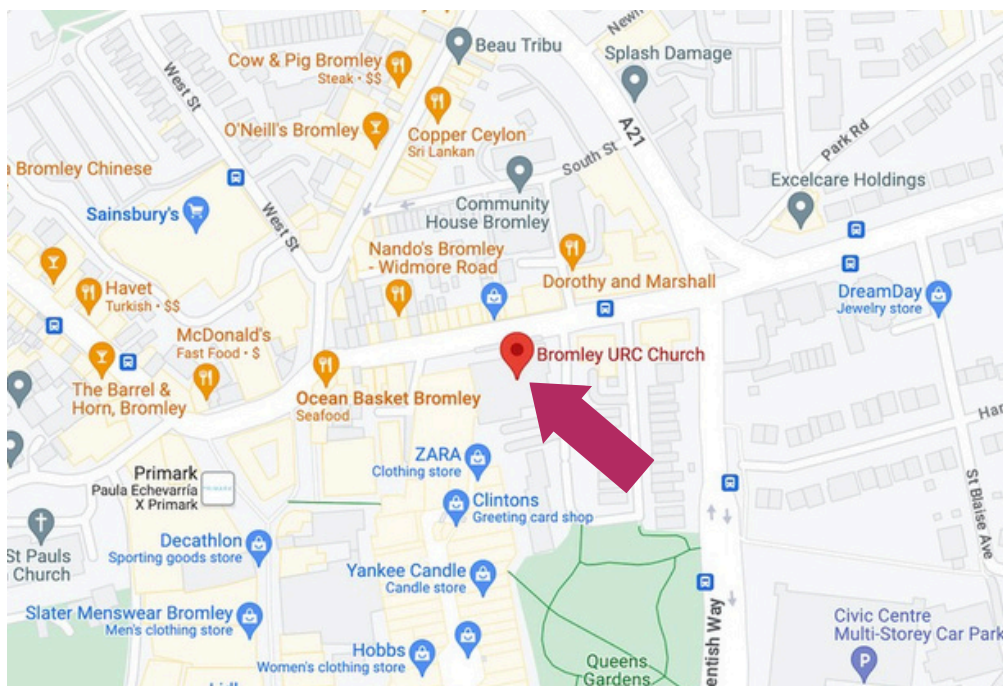
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



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.