

MEDITATION MONDAYS

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



Monday 15 June



- **11am – 12 noon**
- **Drop-in from 12 – 1pm**

Please arrive promptly so as not to disrupt the session – Thank you



**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.



Telephone: 020 8466 0790



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Service delivered by:



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South East London

Map and directions

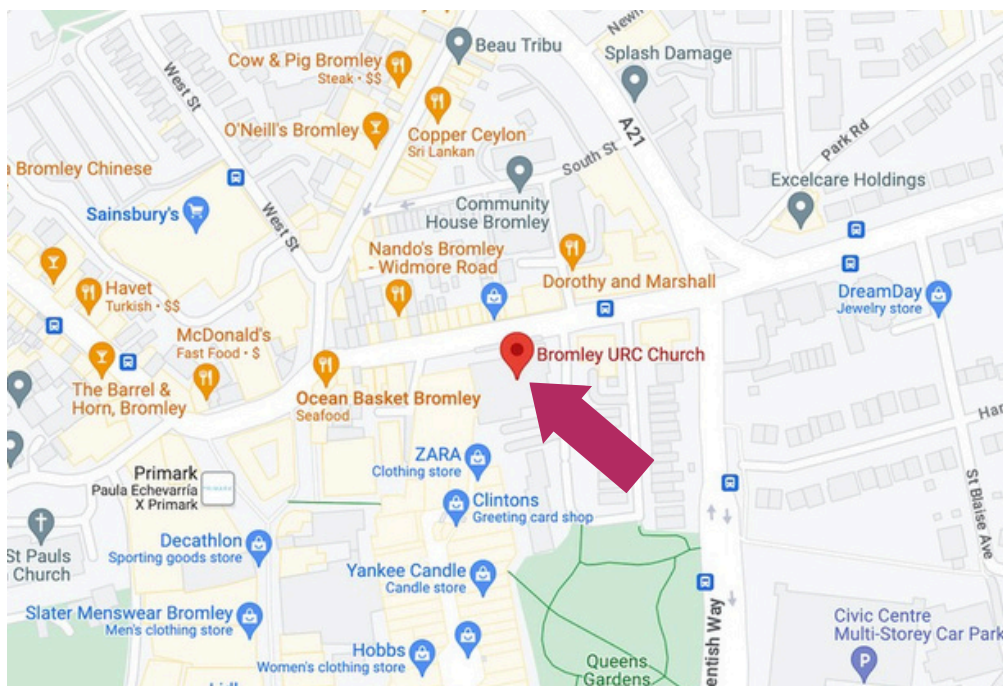
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



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.