

MEDITATION MONDAYS

WITH CRYSTAL SOUND BOWLS

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



Monday 20 July



11am to 1pm
Please arrive promptly



**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 — Light refreshments are included. However, we will no longer be providing sandwiches.

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.

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: