Bromley Well

Supporting people with Physical Disabilities

MEDITATION MONDAYS

WITH CRYSTAL SOUND BOWLS

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

MON

Monday 21 September



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: Places are limited to 12 and will be allocated on a first come, first served basis. 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:

- Session 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: Bromley mencap, Incorporating Bromley Scope

Funded by: Bromley, THE LONDON BOROUGH, www.bromley.gov.uk; NHS South East London

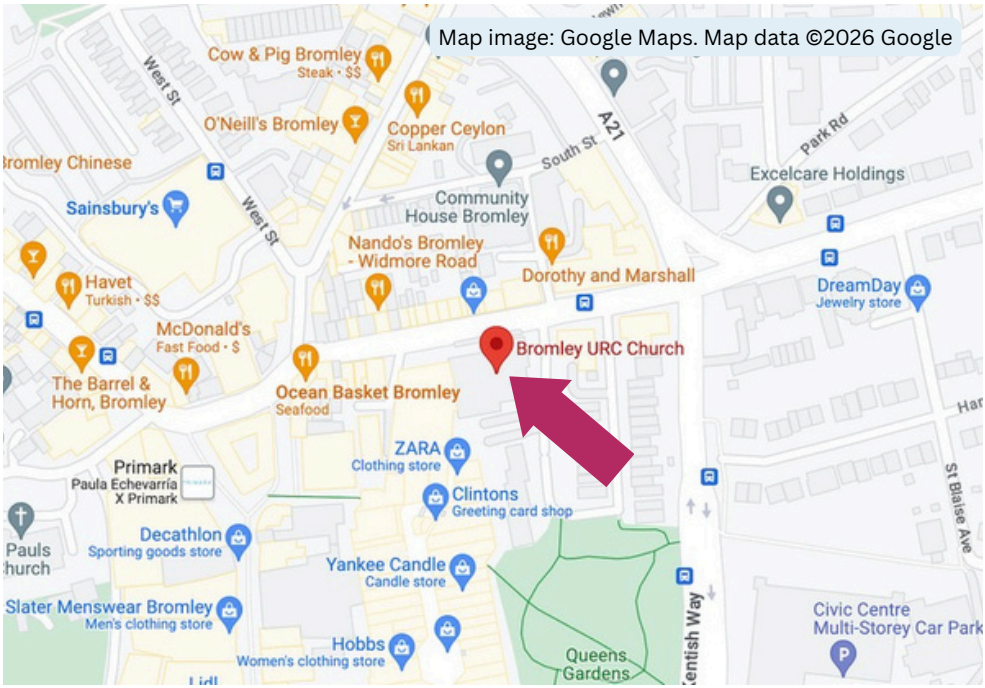
Map and directions

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.