

# Community Meditation Sessions

For All Experience Levels



A gentle practice of  
loving-kindness

- Cultivate compassion
- Feel warm & happy
- Increased wellbeing & purpose



Sessions are secular, free of charge & peer-led

**Dates:**  
Every Saturday 2pm-3.30pm  
From 28<sup>th</sup> March - 2<sup>nd</sup> May

Willingdon Community Hub  
Library, BN20 9PN

Any questions? Come to an informational talk on 21st March at 4.10pm (After the quiz)

Any questions? Email me at:  
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