Adult Learning 19+

**Booking Essential**

**\*\*FREE tuition for people on most means tested benefits (proof required at first session)**

**Meditation for Beginners**

Stapleford Library

This is an introduction to a variety of meditation practices, covering the background of meditation and how to implement it into your daily life.

We will explore a variety of meditation techniques using words, mantras and affirmations.



**Stapleford Library**

**Church Street**

**Stapleford**

**Nottingham**

**NG9 8GA**

**Starts: Thurs 23rd Feb 2023**

**Time: 1:00 – 3:00pm**

**For: 6 Weeks**

**COST: £36.00**