



Meditation with Carolyn Freeman

Meditation helps to focus and calm our mind relieving us from everyday thoughts and intrusions. Our untrained mind bombards us with thoughts, worries, anxieties, memories and emotions which leaves us frazzled and mentally, physically and emotionally exhausted. Using simple techniques and tools we can train our mind, like we do our muscles. Calmness and stillness can be achieved. Our thoughts will still be with us but we won't be 'Googling' and searching for those answers - we can take note of our thoughts and release them. Using breath, visualisation and mantras we can find our own peace and quiet, our own peace of mind which leads our body and our emotions to inner peace and contentment

Meditation groups held fortnightly at:

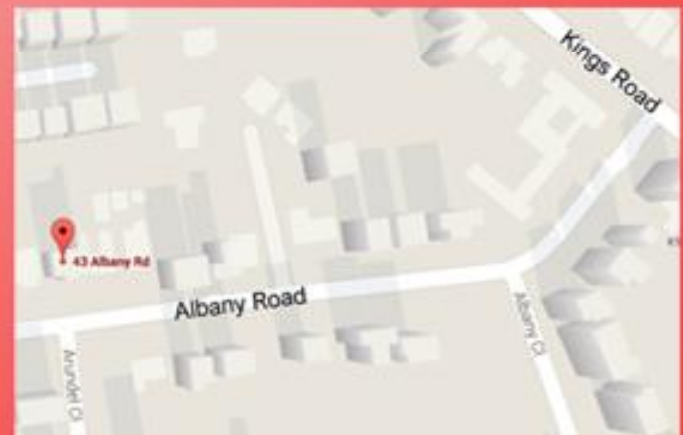
43 Albany Road, Fleet, GU51 3PU

£7.00

Please email or call to book

Dates for 2016:

May 26, June 9 & 23, July 14
& 28, August 11 & 25, Sep-
tember 8 & 22, October 13 &
27, November 10 & 24,
December 8 & 29



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