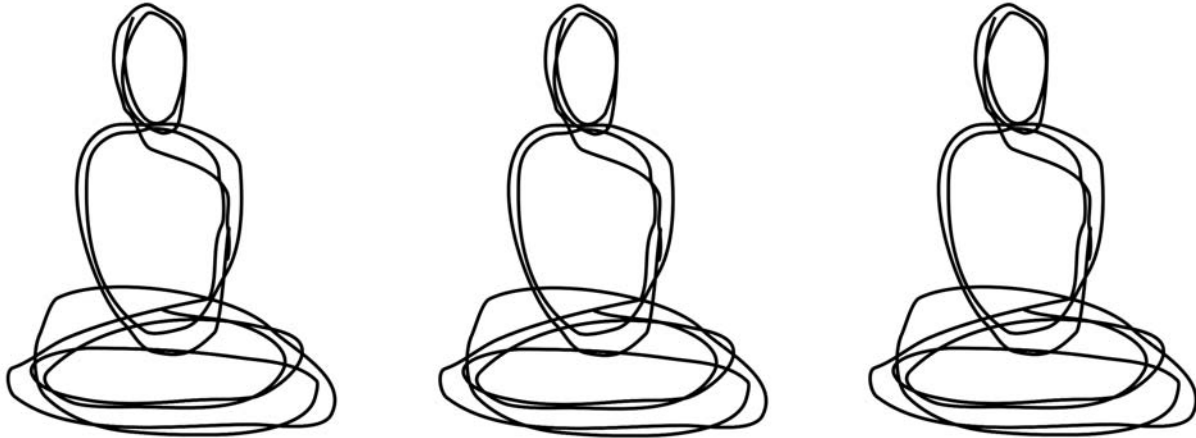


Saturday Meditation & Buddhism

At Friend's Meeting House, Hop Gardens, St Martin's Lane
Programme Jan-Jun 2012



Run by the London Buddhist Centre lbc.org.uk

Drop In Meditation

A weekly chance to calm down from or brace yourself before the urban whirl.

Newcomers Class

1-2pm

Suitable for both newcomers and beginners.

No need to book. £8/£5

Regulars Class

2.20pm-4pm

Suitable for those who have learned both practices.

No need to book. £8/£5

Buddhist Meditation Foundation Courses

Meditation may start with relaxation, but goes far beyond it - it is an art, requiring patience, openness and application. These courses provide a thorough grounding in how to work effectively with your mind, teaching you how to concentrate, become less distracted, calmer, and more emotionally positive.

7-28 Jan

4-25 Feb

10-31 Mar

7-28 April

5-26 May

9-30 Jun

Booking required.

Four Saturdays 10am-12.30pm

**london
buddhist
centre**

51 Roman Road
London E2 0HU
0208 981 1225
Booking lbc.org.uk
Enquiries info@lbc.org.uk