



4 week Meditation Course

Through guided practices, gentle discussion, and reflection, you'll begin to understand your thoughts and emotions in a new way, building a sense of calm, clarity, and control.

What You'll Experience:

- Breathing techniques
- Guided meditation
- Simple tools

When & Where:

Saturdays 9.30-10.30
5th September- 26th
September

Itchen College, Middle
Road, SO19 7TB

To book:

Email: courses@itchen.ac.uk

Call: 02380 446156



£39.99