

Inner Peace
medicine for a happy life

**MEDITATION
CLASSES ARE BACK
AT CRANMORE MEMORIAL HALL**

Learn simple mindfulness based practices that will lead to an all round happier and more fulfilled life.

**Starts Tues 25th September 2012
Evenings; 7pm to 9pm**

Everyone welcome
Suitable for beginners

£5.00 per session,
including refreshments

(Address: Memorial Hall,
West Cranmore BA4 4QJ)

Call Paul for more details
t. 07974 254355

www.medicineforahappylife.co.uk

