



CONNECTS2PROJECT  
MEDITATION CLASS  
WELCOMES ALL

“REDUCE BLOOD PRESSURE, BOLSTER IMMUNE  
SYSTEM, IMPROVE MEMORY,  
REGULATE EMOTIONS AND IMPROVE  
SELF CONTROL,

DECREASE; STRESS, ANXIETY, DEPRESSION  
AND PAIN  
INCREASE; FOCUS, MEMORY, CREATIVITY AND  
CLEAR THINKING”



BALANCE THE BODY TO ACHIEVE PHYSICAL,  
MENTAL AND EMOTIONAL HEALTH



CLASSES START  
FRIDAY  
6TH OCT—8TH DEC 2017  
11-12PM £2



Registered Charity: SC002491  
Company Number : SC215070  
[www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)



PARTICK  
HEALTHY LIVING CENTRE

