



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 9TH OCT—11TH DEC 2015

11-12PM

£1

