

A c t i v e Meditation C l a s s e s

Improve relationships

Increase productivity

Reduce stress

Relax at work

Sleep better

Eat better

Improve energy management

Simple techniques to bring meditation into your daily life



Daytime Class

Wednesday mornings

Evening Class

Anytime during week - ask for details

Please ring before coming

Classes ongoing every week

6/9 Manor Gardens

London N7 6LA

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www.healthygenerations.org.uk

A Healthy Generations' Charity Well-Being project