

Meditation for Relaxation



FREE session for everyone. Come and learn how to relax through meditation. This can help you deal with stress and tension and to be a calmer person. No experience is necessary and the session will be non strenuous. Everyone is welcome.

Take time out to unwind and learn effective methods, taught by a professional tutor, that you can use in the future.

When: Monday 27th July
Where: Bramley Scout Centre,
Bramley Close,
Bramhall,
Stockport,
SK7 2DT
Time: 10am
Cost: **FREE**



This is a free, one off session, organised by IMPACT, based at Stockport Community and Voluntary Services. IMPACT is funded by the PCT/NHS to organise health activities for the community and offers small grants for community and voluntary groups to set up their own health project or activity.

Before the session you will get the chance to find out more about IMPACT, meet new people and find out what is happening in your local community. Everyone is welcome to the IMPACT activity. For more information contact

0161 477 0246 or
alice@stockportcvs.co.uk