

Meditation in Seaford



Thursday Morning Meditation Class
Everybody welcome

meditateinbrighton.com

BODHISATTVA KADAMPA MEDITATION CENTRE

'When the turbulence of distracting thoughts subsides & our mind becomes still, a deep happiness & contentment naturally arises from within.'

Venerable Geshe Kelsang Gyatso Rinpoche

Anyone can meditate. Meditation helps to reduce stress and improve our mood, so we can deal with daily difficulties patiently, cultivate positive states of mind such as love and compassion, and develop inner peace, concentration and happiness. These meditation classes offer practical mind-training techniques for modern life drawn from the ancient Buddhist tradition. Everybody is welcome.

SEAFORD

THURSDAY MORNINGS

Check website or call for dates

11am-12pm £6

**St. James' Trust
Community Centre**

**11 Blatchington Road
Seaford BN25 2AB**

Drop in any week; all classes are suitable for beginners.

We sit on chairs so just come as you are.



Download the free ebook:



howtotyl.com

(01273) 732917

www.meditateinbrighton.com

BODHISATTVA KADAMPA MEDITATION CENTRE, REGISTERED CHARITY NO. 1016354