

# ONLINE MINDFUL MEDITATION

'The thing about meditation is: You become more and more You'  
David Lynch

**Mindful meditation is a practice that teaches you to slow down racing thoughts, let go of negativity and calm both your mind and body.**

**Join our weekly group, led by a qualified meditation teacher, to relax, clear your mind, let go of negative thoughts and awaken positive energy!**



**A 4-week course starting Wednesday  
27 September 2023  
at 7.30pm-8.15pm, on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:  
01372 375400, text 07929 024722,  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code →



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Inspiring Mental Wellbeing