

MEDITATION ONLINE

"Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment"

Buddha

**Refresh your mind
each Wednesday with
a guided meditation.**

**Led by a qualified
meditation teacher,
these sessions use stress-
reduction techniques,
such as deep breathing,
mindfulness and positive
imaging.**

**Allow yourself the time
and space to acquire
greater clarity, focus
and positive energy.**



**Every Wednesday
7.15pm-8pm
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 a Zoom Link will be given to you:**

**01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk**



Inspiring Mental Wellbeing