

# 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](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

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Inspiring Mental Wellbeing