

# INTRODUCTION TO MEDITATION

10AM TO 3PM SAT 29<sup>TH</sup> MARCH 2025  
PARISH ROOMS ST MARY'S JULIAN RD BATH BA1 2SQ

(REFRESHMENTS FROM 9.30AM. PLEASE BRING A PACKED LUNCH)

This day is for anyone who wants to learn to meditate.  
Whether you are a beginner or have done some meditation before.



Photo by [Dingzeyu Li](#) on [Unsplash](#)

An opportunity to experience meditation, to learn about its origins, and to discover the relevance of silence and stillness for contemporary life

Meditation is a simple daily practice that requires time, but can have positive benefits

In many religious traditions it is an ancient form of prayer, where the aim is to bring the distracted mind to silence and stillness, and to simply rest in the presence of God.

No particular religious beliefs are necessary for meditation. All are welcome to join us.

## **LED BY JEANNE BLOWERS WITH TINA SOPER**

Jeanne is an experienced spiritual director / trainer and retreat leader. Working for 17 yrs in prison chaplaincy, she has been meditating for 24 years. Tina helps lead a local group, loves sharing her experience with those exploring, and has been meditating for 15 years.

## **BOOKING ESSENTIAL**

Eventbrite: [https://meditation\\_course\\_bath.eventbrite.co.uk](https://meditation_course_bath.eventbrite.co.uk) Phone: Tel 01225 872110

Suggested donation towards costs £20. (Students £5).

Only if you can afford it. Otherwise please give what you can afford.

For more information see Eventbrite. OR email [bathmeditation@gmail.com](mailto:bathmeditation@gmail.com)

**For Parish rooms: Go up Burlington St. Take first left behind church & into car park. Parking available.**