

## MEDITATE WITH US

We welcome people of all faiths and none.

Groups meet online  
and in person across the UK.

It's free to learn.

Part of a global contemplative community  
in over 100 countries.

*We look forward to welcoming you soon.*

[www.wccm.org/meditate/how-to-meditate](http://www.wccm.org/meditate/how-to-meditate)



**wccm.uk**

**0208 095 4442**

**uk@wccm.org**

Registered Charity no 1189977