



Wisdom Healing Buddha Meditation





Meditation Class

**Every Saturday
Time: 11.00am to 12.00pm**

At:


**Framlingham Library
The Old Court House
Bridge Street
Framlingham IP13 9AJ**


Benefits of Meditation:

-  Reduces Stress and Anxiety
-  Improves Emotional and Physical Wellbeing
-  Increases Energy and Vitality
-  Promotes Healthy Sleep Patterns

Cost £10

To Book: Text 0755 779 2013

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 www.wisdomhealingbuddha.com