



Mindfulness of
Breathing Meditation

A traditional Buddhist way



Mindfulness of
Breathing Meditation

A traditional Buddhist way
of cultivating mindfulness



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The Buddhist Centre of
Buddhist Meditation
MEDITATION CLASSES
FOR BEGINNERS
Classes on Wednesdays
For more information please contact
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Mindfulness or
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WEEK 2 CLASSES STARTING NOW
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www.sangha.org.uk







Main entrance

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Wales







The Manchester Centre for
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MEDITATION CLASSES
FOR BEGINNERS

Classes on various days

For details and booking information
www.samatha.org/manchester
0161 860 4716



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