

SPACE FOR YOU: 2024



Meditation Sessions at St. Nicholas Church Brighton Church Street, Brighton, BN13LJ

The meditation sessions offer an opportunity to nurture some space and inner-wellbeing for yourself every last Monday of the month (on the penultimate Monday in May due to the Bank Holiday) - from 1.00-2.00pm. (There will be no last Monday meditation August.)

Sessions are led by David Ingledew & Chris McDermott:
Mondays 29th January; 26th February; 25th March; 29th April
20th May; 24th June; 29th July; 30th September; 28th
October; & 25th November.

The meditation sessions are non-sectarian and open to
everyone

For more information contact the Parish Office:
parishoffice@stnicholasbrighton.org.uk

or

Chris McDermott: Chrismcd54@aol.com
David Ingledew: David.ingledew2@ntlworld.com

(Coffee, tea and refreshments will be available afterwards)