

FREE ONLINE
RELAXATION
MEDITATION FOR
CARERS
WITH THE BIRMINGHAM
BUDDHIST CENTRE

Every Tuesday 2pm - 3pm

Meditation is good for you
and proven to manage
stress, anxiety and
depression.

Meditation is the art of
cultivating calm, focused
and positive states of mind.

Join Zoom meeting

Meeting ID: 852 5170
9762

No need to book

