



ARISE

at

The Walled Garden at Mells

Guided Christian Meditation

Followed by

*Continental Breakfast**

This is a seated meditation workshop in a tranquil walled garden. Please wear warm clothing and for your comfort bring a cushion, pashmina, blanket.

*Saturday 1st June
9am(prompt)- 11am.
5 Rectory
Cottages, Selwood
Street, Mells,
BA11 3PN.*

*Booking essential
£7.50/Person*

*To book a place contact
Ruth Hardie
e: midsomerhardies@gmail.com
T: 01761 411351*

**Gluten free/vegan/vegetarian. Please state when booking.*