



## Meditation Circle

'The still point of a turning world'

Come to that still point of inner peace and set your tone and intention for the upcoming month, with the back drop of Bella Vista's tranquil and awe inspiring sea views.

A time of meditation, reflection and healing.

Be with like-minded people and commune at a soul level.

It does not matter whether you have never meditated before, or or have been meditating for years.

Enjoy the peace and tranquility.

**First Sunday of the month 11am – 12.30 followed by lunch**  
**Venue: Bella Vista, 14 Burlington Road, Swanage BH19 1LS**

Guideline Donation: £5 plus donation to lunch  
It will be facilitated by Naomi Duffield.  
Let me know if you are coming.

PS: If you have never meditated before and would like some guidance call Naomi to make a private appointment.

*'The best thing about meditation is that you become more and more you'*  
*David Lynch*



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