

switch on!

**introduction to
buddhism and meditation**

tuesdays, 7.30pm

www.worcesterbuddhistcentre.org.uk

wakey wakey!

**introduction to
buddhism and meditation**

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pay attention!

introduction to mindfulness :
living life with full attention

tuesdays, 7.30pm

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pull yourself together!

introduction to mindfulness :
living life with full attention

tuesdays, 7.30pm

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break out!

introduction to
buddhism and meditation

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time to wake up!

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