



# Mindfulness of Breathing Meditation

A traditional way to develop  
Inner Strength  
Calm and  
Wisdom

## Weekly Classes for Beginners 2024

**Tuesday 7.30 pm**  
**Wednesday 7.30 pm**  
**Thursday 7.30 pm**  
**Saturday 10.00 am**  
**Sunday 7.30 pm**

Classes re-start from Tuesday 9<sup>th</sup> January onwards

New meditators are welcome to join a class at any time.

For more information regarding classes, please e-mail: [mcrbooking@samatha.org](mailto:mcrbooking@samatha.org)

**ALL WELCOME**

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Manchester Centre for Buddhist Meditation  
21 High Lane, Chorlton-cum-Hardy  
Manchester M21 9DJ

The teaching is given free of charge.  
Donations towards running costs of the centre are welcome.

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[www.samatha.org](http://www.samatha.org)