



Drop in Meditation with Sandrine Cranswick

Wednesdays 6-7pm at the Chapel, Cowdray Hall, Midhurst GU29 0AL.

These weekly Drop in Meditation Sessions are open to all and free of charge. This is not a meditation course. The sessions offer an opportunity to have a break from our busy life, to sit for an hour in the comfortable and peaceful chapel at Cowdray Hall, with guided mindfulness meditations, a short pause half way through and an inspiring reading. Cushions and chairs are provided.

Allowing oneself to re-connect, to re-centre, dropping into the silence and beauty of the 'now'.

"I am enjoying doing the Wednesday drop in meditations very much. They help resource me and allow me to find stillness. Thank you" R

"Lovely session. Calming and insightful, thank you" Silas.

"An oasis of calm every Wednesday. Thank you" L&P

For more info or to be added to the mailing list please contact Sandrine by email sb.cranswick@gmail.com or telephone 07976 751559