

# MORNING MEDITATION in Rottingdean

Mind  
awakes  
with total  
focus

Morning  
meditation  
releases our  
creative  
flow

Morning  
meditation  
for a morning  
smile

**8–9 am every Wednesday**

St Margarets Cottage  
Rottingdean BN2 7HA

Drop in sessions £3  
01273 303571