

# Silent Meditation all welcome

non-denominational

Free

Thursdays, 6.30 - 7.00 pm  
**Trinity United Reformed Church,**  
Buck Street, Camden, NW1 8NJ



If you are feeling stressed, need some calm, or just want to explore your deeper self, why not come along?

**Location:**

The church is on the corner of Buck Street and Kentish Town Road in Camden. The nearest tube is Camden Town. Exit onto Kentish Town Road, turn left and walk for 2-3minutes.

**Contact:** 020 7267 4796 / [dot@dorothypaton.co.uk](mailto:dot@dorothypaton.co.uk)

**More info on:** [www.openmeditationcamden.com](http://www.openmeditationcamden.com)