

THE *STRESS* BUSTER



Meditation will **BUST** your **Stress**

Discover how in Wolverhampton: Saturday 29th May, 10-1pm

This meditation workshop is suitable for anyone who has interest in busting the stress in their life. There will be a presentation, guided meditations and discussion.

**DON'T
MANAGE IT,
BUST IT!**

"The non religious presentation means these sessions are accessible for loads of folk"

This workshop is designed for those with no experience of meditation who are stressed out!

£15 per person/£12 concession: Confirm your attendance with a £5 deposit on our website.

Mind Space is **BUSTING** the Stress within schools, businesses and hospitals throughout the West Midlands.

**Present this
flyer nicely
for a
concession**

Why not **BUST** the Stress in your life and try a session?

If you would like the Stress Buster delivered to your work place then please contact us.

Mind Space

Wolverhampton Science Park,
Creative Industry Centre, Glaisher Drive
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info@mindspace.org.uk

**There's an invisible man stressing your head,
who you gonna call?**

01902 837 388

www.mindspace.org.uk