

# brighton buddhist centre & evolution arts

## Meditation

No need to book, but doors open 15 minutes before these times and close promptly 5 minutes afterwards.

**Monday lunchtime 1.00pm—1.45pm**

All welcome

**Tuesday evening, Young People 18—35s, 6.00pm—7.00pm**

All levels of experience welcome

**Wednesday lunchtime 1.00pm—1.45pm**

All welcome

**Thursday morning 10.30am—12.15pm**

Going deeper

**Friday lunchtime 12.45pm—1.45pm**

All welcome

**Friday lunchtime 1.00pm—2.00pm**

For those with an established meditation practice

**Saturday morning 11.00am—12.30pm**

All welcome

**First Sunday morning of the month 11.00am—1.00pm**

For those with an established meditation practice

**All by donation**

For latest info check our websites:

[www.brightonbuddhistcentre.co.uk](http://www.brightonbuddhistcentre.co.uk)   [www.evolutionarts.org.uk](http://www.evolutionarts.org.uk)