



ST PETER'S  
HOUSE

CURIOSITY | ENCOUNTER | GIFT



# MINDFUL MOVEMENT AND MEDITATION

**Half an hour to step away from your desk  
to breathe, stretch and relax.**

**EVERY TUESDAY JUNE-AUGUST 2019**

12.30-1pm Open to all

In the Wholeness Studio at St Peter's House

**Drop in session.** We are a registered charity and committed to offering a developing and sustainable programme.

Suggested donation £1-£2

**CHAPLAINCY TO THE UNIVERSITIES OF MANCHESTER AND THE RNCM**

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