

Group Name:	MEDITATION	Leader: Ian Jacques
Meeting:	11:00am, Wednesdays, usually 2/3 times a month	
Venue	Locations vary	
Contact:	meditation@u3ameltonmowbray.org.uk	
<p>We are a small group, with a core of 5 members. The meetings are weekly, held on Wednesdays in members houses. It is a very informal and relaxed group and would welcome new members</p>		
Last Updated:	January 2019	