



**Mindfulness-based
stress reduction**

**Guided breathing
techniques and
visualisations**

**A space to let go
and unwind**

**Creating a sense
of serenity and
peace**

**Drop in sessions -
come along
whenever you can**

RELAXATION CLASSES

Led by Ann Douglas

**Weekly drop in sessions
Wednesdays 3-4pm**

Classes are seated, suitable for people with limited mobility.
Fee: these classes will run as 'open bowl' sessions. There is no specific charge but any donations will be gratefully accepted.

The Wesley
Church Centre 

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www.wesleychester.co.uk