

MEDITATION FOR ALL

Classes start week beginning
6th February 2012

We hope to see you then.

Drop in Meditation Classes

Monday evenings

7.30pm - 9.00pm

and Friday afternoon

2.00pm - 3.00pm

here at Maitreya Centre



Maitreya Kadampa Buddhist Centre
13 Sea Road, Bexhill on Sea, East Sussex TN40 1EE



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