

Mindful Meditation Taster Sessions



Join us for some free Mindful Meditation sessions, available for adults who are interesting in learning the art of mindful meditation.

Friday 8 April 2022

3 x 30 minute taster sessions available, sessions start at 11am, 12pm and 1pm

Location: Bradlaugh Fields Barn, Northampton

Mindful meditation helps to improve psychological wellbeing and has many scientifically proven benefits, including:

1. Helps to reduce stress and manage anxiety
2. Increases relaxation and enhances sleep
3. Improves mood and increases positive emotions
4. Helps to control pain

Bradlaugh Fields and Barn community wildlife park cover a huge area stretching from Moulton Park down to Kingsthorpe and across to Spinney Hill.

Did you know, Bradlaugh Barn is managed by local volunteers? You can find out more about their volunteering opportunities [here](#).

Parking is available at the end of Fulford Drive NN2 7NX, where Bradlaugh Barn is a short 5 minute walk along the footpath. Please [click here](#) to book in advance via Eventbrite.

