



ST CATHERINE'S BRITISH SCHOOL

PTSA

Dear St. Catherine's Community,

In this workshop we will explore the context of meditation, in order to develop a better understanding of what meditation is, why meditate, what obstacles we may encounter and how to overcome them. We will introduce practices that will get us started on this journey.

Topic: Introduction to Meditation

Time: Friday 28th May, 10.00am - 11.30am

In order to fully benefit from the workshop, please be on time, make sure that you are sitting in a quiet room, with the least disturbances possible, and wear comfortable clothing.

[Join Zoom Meeting](#)

Meeting ID: 828 9388 1668

Passcode: 335163

[Read more information](#)

We look forward to seeing you online.
Keep well and safe!

Kind regards,
The PTSA Team

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