

BUDDHIST MEDITATION SESSIONS

by

SEIJO

A SHINGON BUDDHIST PRIEST

EVERY Monday

1 – 2.30pm

(beginning 5 January 2015)

£5 per session

(other donations are welcomed)



To reserve your place contact

**Penarth Natural Health Services
11 Bradenham Place, Penarth. CF64 2AG
Tel - 02920 701 370**

or

Tel - Seijo - 01446 796678