

Saturday October 11th 2014

10.30a.m - 3.30p.m

(Refreshments available from 10.00a.m. Bring own lunch.)

Open welcome all day, half day or drop in for a short while

Sea Mills Methodist Church

140 Shirehampton Road, Sea Mills, Bristol, BS9 2DY

Close to 40 bus route

Balance

human being on a living planet

An interactive visual meditation.

*An enriched space
created to enable
reflection during the
day and beyond*

*Designed, created &
facilitated by*

Anne Topping:

*Freelance, working on
transition, change &
transformation with
individuals, groups &
organisations.*

www.annetoppingconsultancy.co.uk
www.annetoppingphotography.co.uk

uk.linkedin.com/in/annetopping/



For more information please see, www.bristolspiritualitynetwork.org.uk

Admission at door: £10(students £5)/day, £5(£2.50) up to ½ day.

Related images and texts available for purchase.

Throughout the day there will be choice of story, photographic images, text and creative activities, enabling reflection on a variety of themes, including: attention, beauty, community, connectivity, empathy, generosity. Such themes, it is contended, are essential for individuals and communities to co-exist mindfully as a transforming global community, on a living earth which is struggling to survive.

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