



**Relaxation &  
Christian Meditation  
Sundays at 4pm  
At the Grand Burstin Hotel**

The Relaxation and Christian Meditation Course is six sessions looking at two things. Firstly to relax Mind & Body, preparing you by learning simple techniques such as diaphragmatic breathing, alternate nostril breathing and deep muscle relaxation. These are techniques developed in partnership with the University of York. When we are relaxed, having left behind the stresses of the outside world, then we can focus on Spirituality.

In the search for God, Christians have been using meditation techniques for centuries. We learn from the Russian Orthodox use of prayer ropes, the French Taize chanting tradition and the Celtic view of nature. We also listen to the monastic traditions of the Jesuits and Franciscans, in their approaches to scripture and self awareness.

Join us for six weeks, starting from Sept 19th, 2021., 4pm at the Grand Burstin Hotel. If you're picking up this leaflet too late to join us, don't worry. We plan to keep on relaxing and meditating after the course. Ring Chris on 07808 728670 or Steve on 07906 024987 to find out more.



## The New Creation Project

These meditations are run by The New Creation Project. We aim to give expression to the Christian faith in creative and innovative ways, in the Creative Quarter & Harbour Area of Folkestone.

These meditations are run in partnership with: The University of York, Folkestone Baptist Church, South East Baptist Association, the Grand Burstin Hotel.

Sundays at 4pm at the Grand Burstin Hotel.

Sunday 19th September.  
Muscle Relaxation & Sung Meditation

Sunday 26th September  
Deep Breathing and Meditating on Scripture

Sunday 3rd October  
Diaphragmatic Breathing & Creation Spirituality

Sunday 10th October  
One Minute Relaxation & Repetitive Prayer

Sunday 17th October  
Alternate Nostril Breathing & The Inner Self

Sunday 24th October  
Reinforcing Relaxation Techniques & Meditation and the Holy Spirit

If you're picking up this leaflet too late to join the course, but are interested in the contents, please make contact anyway. We plan to keep meeting after the course ends (at the Grand Burstin if possible). Call Chris on 07808 728670 or Steve on 07906 024987.