

The background of the entire page is a photograph of a forest path. The path is paved and leads into a dense forest of tall trees with green foliage. Sunlight filters through the leaves, creating a dappled light effect on the path and the surrounding trees. The overall atmosphere is peaceful and natural.

Movement & Mindfulness

A serene opportunity to find balance through Christian meditation and yoga. This calming and inclusive session invites participants of all ages and abilities to engage in a peaceful act of worship.

Led by trained yoga and meditation teachers, the session encourages everyone to join, with no prior experience or special attire required: simply come as you are.

Join us on Tuesday, 10th March, at 11:00 am at The Ridge Methodist Church, Marple.

Participation is free of charge, allowing everyone a chance to breathe, pray, and be present.

For further details, please contact Deacon Jude Laycock on 0161 4272509 or judith.laycock@methodist.org.uk.

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