



Meditation in Lumini

Join Newmarket Meditation Group inside the Lumini for a peaceful meditation. This session is for everyone - whether you have an existing practice or are a complete beginner! By coming together we remind ourselves that stillness and community are powerful tools for wellbeing.

Please note: This is an adults-only session for ages 16 and over.

Session Times:

- Friday at 4pm, inside the Lumini

About The Newmarket Meditation group

The Newmarket Meditation group is a new community group who have formed to meet monthly for a group meditation session. Their sessions are for everyone - whether you have an existing practice or are a complete beginner.

- The Newmarket Meditation group usually meet on the first Friday of every month at 7-8pm in The Racing Centre. There is no need to book, you are welcome to just drop in.

Participant Information

Day	Friday 12th
Time	4pm
Where?	Memorial Gardens
Access info	This session takes place inside the Lumini. You are welcome to engage in your own way - there will be space to sit and lie down on the ground. Please note there will be no standard seating inside the sculpture for this session, so this session is

	<p>recommended for those who would feel comfortable standing, sitting or lying on the ground, or resting in their wheelchair/ mobility aid for 20 minutes.</p> <p>While we aim to create a calm and focused environment, please be aware that the park is open to the public and we are expecting crowds. As such, it may be busy outside and there could be background noise during the activity.</p>
--	--