

Calm at the Castle

Dates: May 21st, 28th June: 4th, 11th, 18th, 25th

Tuesdays 2.30-3.30

Cliffe Castle, Spring Gardens Lane, Keighley BD20 6LH



Learn the art of stillness and calm, deep relaxation and meditation.

Sessions are free and open to all, no experience needed

For more information call the Well Together Service on:

01274 259190

or email: welltogether@bdct.nhs.uk

Website - <https://www.bdct.nhs.uk/services/well-together-service/>



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