



SCIENCE OF MEDITATION

Summer Term 2026

Meditation Readings from His Holiness

Sunday Mornings online at 8.30 am – 9.30 am:

17 May – 19 July (*excluding 31 May and 7 June*)

For anyone wishing to be added to the Sunday morning Zoom meeting list, please contact:

Dorothea Northfield scienceofmeditation.spes@gmail.com Tel: 020 8335 4291

Meditation Tutorials

Sunday Morning Tutorials at 10.00 and 11.00 am:

17 May – 19 July (*excluding 31 May and 7 June*)

- **In-Person:** (*Highly recommended*) at Mandeville Place
- **Online:** *Available for those unable to travel*

To arrange a Meditation Tutorial please contact:

Dorothea Northfield scienceofmeditation.spes@gmail.com Tel: 020 8335 4291

Meditation Residentials

Please see the main Notices