



Take Notice

Explore art with mindfulness. Beginners and experienced meditators welcome. First and third Tuesday of every month.

Please note: these sessions are not specially facilitated sessions. We encourage independent visiting as an act of self care.

To make a referral please contact 0161 235 8888,
Find out more: manchesterartgallery.org/learn

Dates:

Tuesday 5th March
Tuesday 19th March
Tuesday 2nd April
Tuesday 16th April
Tuesday 7th May
Tuesday 21st May

Time:

12.15pm
& 1pm