

Sunday
12th May
2019

The Monastery
89 Gorton Lane
Manchester
M12 5WF

take part in an
internationally synchronised event

a
moment of
mass mindfulness



for a second, close your eyes and picture this:
people from around the world assembled in
mass meditation, sitting shoulder-to-shoulder
in a shared moment of silence, their eyes
closed and minds free from any cultural
or religious differences.

World Culture Festival



The
Monastery
Trust

momm
moments of mass mindfulness

MOMM is focused on peace, building community, and connection.
MOMM is an opportunity to collaborate and create powerful change.

More information is available on mommworld.org

Tickets available www.brownpapertickets.com/event/4101169

join us. join in coming together as one

A live musical welcome from John and Gabriela Hofton on flute and violin

A warm introduction and welcome to The Monastery by Elaine Griffiths CEO

Sue Cooper introduces the concept and background to MOMM

Find out about HeartMath with Gavin Andrews CEO

Immerse yourself in the healing tones of John Hofton

Be transported into another realm with Alison Knox and the BEOne composition "Blue Lullaby" supported live on crystal bowls by Ian Richmond and Janet Farnell

Global MOMM meditation led by Sarah McLean, Vera Lopez and Suzi Von Mensenhaufft

Closing Circle dance with Ana Borges Da Costa



The
Monastery
Trust

Sunday 12th May 2019

Arrival from 10am

Registration & Café open.

11am start.

10:00am - 5:00pm

£25

including vegan lunch

the monastery,
a sacred place,
a temple of light
in the east of the
City of Manchester.

Book your tickets

The Monastery

89 Gorton Lane

Manchester

M12 5 WF

0161 223 3211

mommworld.org

themonastery.co.uk

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