



CENTRE FOR CONSCIOUS AWARENESS

TEACHING THE UNDERSTANDING AND EXPERIENCE OF MEDITATIONAL PRACTICES



NEW OFFICES FOR CCA U.K.

On Sunday 24th October I attended the opening of the new offices of Centre for Conscious Awareness (CCA) in Dudley, West Midlands. The event was well attended, with visitors from around the world, including our chairman and founder, Srinivas Arka.

Events during the day included a talk by a representative of the Vegan Society, traditional Asian dances, discussions on methods of reducing stress and a short explanation of the method promoted by CCA that uses the individual's own touch, sound and breath. During the lunch break there was also an opportunity to watch a DVD that gave more information on this item. There were a number of testimonials shared with the audience, as well as details of future events, including the West Midlands Vegan Festival on October 30th at the Civic Hall, Wolverhampton and the Diwali event at the NIA in Birmingham on 31st October.

Courses are run regularly in Birmingham and London, and can also be run in individual workplaces. Further information about CCA can be found at <http://www.centreforconsciousawareness.org> or by calling 0121 226 3635.

Andy Williams
Secretary, CCA U.K.

Office 212 North, DBH Castlemill, Burnt Tree, Dudley, DY4 7UF, United Kingdom

Telephone: +44 (0)121 226 3635

Email: admin@centreforconsciousawareness.com

Web site: www.centreforconsciousawareness.com