

# THE MEDITATION TRUST

England & Wales · Charity number 1193276

## Details

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**Status** Registered

**Legal form** Charitable company

**Company number** [13077230](#)

**Registered** 2021-01-27

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 11 Daryngton Avenue  
Birchington  
Kent  
CT7 9PS

**Phone** 07765884900

**Email** [info@meditationtrust.com](mailto:info@meditationtrust.com)

**Website** [www.meditationtrust.com](http://www.meditationtrust.com)

## Activities

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**Objects:** THE OBJECTS OF THE CHARITY SHALL BE FOR THE BENEFIT OF THE PUBLIC THROUGH THE ADVANCEMENT OF EDUCATION BY OFFERING SUCH COURSES OF INSTRUCTION TO THE PUBLIC AS WILL PROMOTE THE MENTAL AND CREATIVE DEVELOPMENT OF THE INDIVIDUAL THROUGH MEDITATION AND ANY PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO ENGLISH LAW.

**Activities:** Offering courses of instruction to the public as will promote the mental and creative development of the individual through meditation. Instruction will be through courses and retreats offered in non-residential and residential settings; in-person meetings; online learning via meetings and lectures and sundries including books and incense.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£170,724	£175,197	-	-
2024-03-31	£290,578	£314,066	-	-
2022-12-31	£194,384	£181,309	-	-
2021-12-31	£154,662	£135,333	-	-

## Trustees

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Name	Role	Appointed
Craig Garsed		2025-12-08
John Cole		2023-09-28
Paul Hayward		2023-09-18