

MEDITATION



Alternate Wednesday

Starting Wed 8 Feb from 7.00 – 8.00pm

Enjoy the peace and tranquility of meditation –

During these weekly sessions there will be the opportunity to experience and learn simple methods which can be used in everyday life to help restore energy levels through connecting with your inner sense of peace and calmness.

To reserve your place please ask at reception or call.

The Windmill Studio Centre, Tel: 01895 624 755

Barbara, Tel: 07958 585652

£10.00 per individual session

6 sessions £45.00

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