

Meditation Group every TuesdayWednesday evenings



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-171512-z>



Learn to master the technique to free your mind. A mixture of deep breathing, visualisation, grounding and meditation. Rediscover your true self, de-stress and let yourself go. £8.50 per session Location: Touch Therapy & Remedy Centre



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