

Meditation Classes every Tuesday Morning



Location

East of England, Essex










<https://www.freeadsz.co.uk/x-192226-z>



Learn to master the technique to free your mind, with these meditation classes. Meet like minded people and let your self go. Classes are every Tuesday morning 11am-12 noon £10 a session. To secure your place please either pay in full or you can pay a deposit

Benefits of meditation

- * It lowers oxygen consumption.
- * It decreases respiratory rate.
- * It increases blood flow and slows the heart rate.
- * Increases exercise tolerance.
- * Reduction of free radicals, less tissue damage
- * Higher skin resistance
- * Builds self-confidence.
- * Increases serotonin level, influences mood and behaviour.
- * Resolve phobias & fears
- * Helps control own thoughts
- * Helps with focus & concentration
- * Increase creativity
- * Obtain deeper state of relaxation
- * Drop in cholesterol levels, lowers risk of cardiovascular disease.
- * Improved flow of air to the lungs resulting in easier breathing.
- * Decreases the aging process.
- * Leads to a deeper level of physical relaxation.
- * Good for people with high blood pressure.
- * Increased emotional stability
- * improved relationships
- * Mind ages at slower rate
- * Easier to remove bad habits
- * Develops intuition
- * Increased Productivity
- * Improved relations at home & at work
- * Able to see the larger picture in a given situation
- * Helps ignore petty issues
- * Reduces anxiety attacks by lowering the levels of blood lactate.
- * Decreases muscle tension
- * Helps in chronic diseases like allergies, Arthritis
- * controlled pain of chronic diseases
- * Can makes you sweat less
- * Cure headaches & migraine
- * Reduces Pre-menstrual Syndrome symptoms.
- * Helps in post-operative healing.
- * Enhances the immune.

 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>	 <p>Meditation Classes every Tuesday Morning</p> <p>https://www.freeadsz.co.uk/x-192226-z</p>
---	--	--	--	---	--	--	--	--	--