

Monthly Meditations



Location **East of England, Hertfordshire** https://www.freeadsz.co.uk/x-249008-z



Open to everyone from absolute beginners to those wanting to deepen their meditation experiences. A sharing of ideas, feelings, meditation commentaries to guide your mind, silent reflection and visualisation to enhance and develop your inner peace and strength. Registration.

| Monthly Meditations https://www.freeadsz.co.uk/x-2490 08-z |
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