











# Meditation Sessions



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-271067-z>



Weekly meditation sessions. Join a friendly group. The sessions are suitable for the first timers and beyond. £3 a session. One to one sessions also available in the Hailsham and Polegate area. One hour session includes spiritual healing, a meditation and holistic life.

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