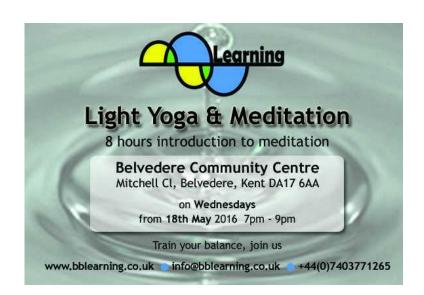
Light Yoga amp Meditation class will start on 18th May at Belvedere Community Cent



East of England, Essex Location https://www.freeadsz.co.uk/x-348265-z



With this course we want to introduce you to the concept of meditation and basic exercises of Kundalini Yoga. Meditation is a practice that can help you to train your mind to get a mode of consciousness. Our program aims to promote relaxation, build internal energy or life force and develop compassion. With this path, you are going to explore common aspects and very gentle exercises of Kundalini Yoga and.











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