

# Learn Mindfulness - change your life



Location

**South East, West Sussex**

<https://www.freeadsz.co.uk/x-370010-z>



Discover how to no longer be driven by old emotional patterns and habitual ways of thinking. Learn how we can create the foundation for awakening to our true nature. With over 20 years meditation teaching experience, I offer one to one teaching and guidance in mindfulness and meditation. Email click to contact for more information or call to arrange a free first.



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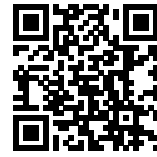
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