

Free Monthly Meditations (21 GBP)



Location

East of England, Hertfordshire

<https://www.freeadsz.co.uk/x-373848-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 required contact: E: [click to contact](#) T: 07957 457947 07957 4579...(click to reveal full phone number) W: www.brahmakumaris.org/uk



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