

Mindful Walk in Regents Park London



Location **London, London**
<https://www.freeadsz.co.uk/x-443981-z>



Need to relax? You may have a busy lifestyle and are likely to suffer from stress as a result. Stress affects everyone more or less. We are London Stress Relief and Social, a meetup group dedicated to making life as stress-free as possible. Our mindful walk in Regent's park uses some mindfulness-based relaxation techniques. Our pace is gentle to help our members reconnect with their inner self and live in the present moment. There are also relaxing walks in other parks in London already on or planned: Clapham, Greenwich, Crystal Palace, Dulwich... You might also be interested in our workshop for stress-management every fortnight on Wednesday evenings at the Engineer pub 65 Gloucester Avenue in Camden. The mood is supportive and non-judgmental. Our members are encouraged to share their view and are listened to. There are also fun pub and gig nights to chill out and socialise. Join London Stress Relief and Social today. <https://www.meetup.com/London-Stress-Relief-and-Social> ;



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