

Mindfulness Meditation



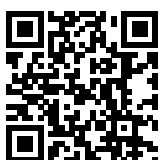
Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-484439-z>



Mindfulness meditation for wellbeing. Meet weekly in East Hoathly. Practicing mindfulness in your every day life can help overcome depression, manage pain, deal with life's challenges including anxiety, stress, exhaustion and irritability can decrease with regular sessions of meditation and mental functioning can



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