

WEEKLY FRIDAY MEDITATION FOR PEACE AT HARBORNE B17 0NT AT 7.30PM (10 C



Location

West Midlands, West Midlands
<https://www.freeadsz.co.uk/x-495977-z>



Would you like to get rid of your stress in less than 30 min? Would you like to experience deep relaxation, calmness, stillness and clarity of mind? Perhaps you are very stressed looking after your family and kinds. Maybe you are exhausted and undergoing massive pressure at work. Possibly you have such a busy life due to business travelling and multitasking in your free of work time. All this pressure accumulates in the body and over a period of time can manifest as illnesses. Come and experience very giving and relaxing meditation on the Twin Hearts to eliminate stress, promote good health, increase creativity and intelligence, attain happiness and fulfillment and deep relaxation! After the meditation we will be offering 10-15 min very powerful complementary health treatment to further relax the body and mind. These events are very popular and usually fill up quickly. Book early to secure your space! We don't charge for the meditation but donations of £5 or more are highly appreciated.;

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