

Meditation Classes (10 GBP)

Holistic Therapy & Treatments

Restore your bodies natural balance

Touch Therapy & Remedy Centre Romford

01708-534-419

www.touchbyrenacokayne.com




Location

East of England, Essex











<https://www.freeadsz.co.uk/x-540063-z>



Learn a new technique to help relax your mind and body find that inner peace with mindfulness meditation classes.

Every Wednesday and Thursday evenings 8-9pm in Romford £10 per person.

Spaces are limited and are on a first come first serve basis. Paying in advance can secure your booking. Please RSVP RENA 07538095944 075380959...(click to reveal full phone)

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