

Light Yoga amp Meditation class will start on 18th May at Belvedere Community Cent



Light Yoga & Meditation
8 hours introduction to meditation

Belvedere Community Centre
Mitchell Cl, Belvedere, Kent DA17 6AA



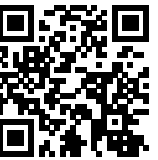
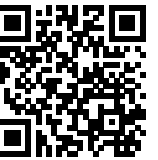
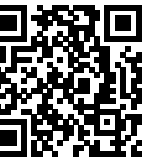



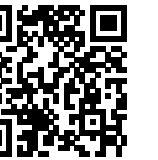
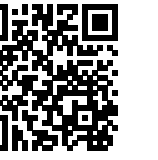
on Wednesdays
from 18th May 2016 7pm - 9pm

Train your balance, join us

www.bblearning.co.uk • info@bblearning.co.uk • +44(0)7403771265

Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-348265-z>

With this course we want to introduce you to the concept of meditation and basic exercises of Kundalini Yoga. Meditation is a practice that can help you to train your mind to get a mode of consciousness. Our program aims to promote relaxation, build internal energy or life force and develop compassion. With this path, you are going to explore common aspects and very gentle exercises of Kundalini Yoga and.

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