

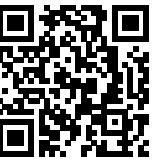
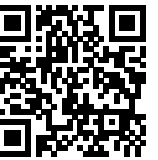
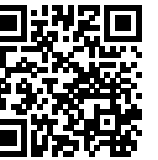



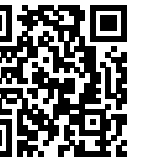
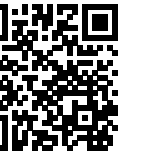


Free Monthly Meditations



Location **East of England, Hertfordshire**
<https://www.freeadsz.co.uk/x-429876-z>

Open to everyone from absolute beginners to those wanting to deepen their meditation experiences. A sharing of ideas, feelings, meditation commentaries to guide your mind, silent reflection and visualisation to enhance and develop your inner peace and.

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