











Free Monthly Meditation (16 GBP)



Location **East of England, Hertfordshire**
<https://www.freeadsz.co.uk/x-502857-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 strength. Booking required. For more information visit: www.brahmakumaris.org/uk/hertfordshire E: click to contact T: 07957 457947 07957 4579...(click to reveal full phone)

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