











# Free Monthly Meditations (15 GBP)



Location **East of England, Hertfordshire**  
<https://www.freeadsz.co.uk/x-527372-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](http://www.brahmakumaris.org/uk)

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