

Introduction to Meditation Workshop for Ladies - Eastbourne



Introduction to Meditation Workshop For Ladies Sunday 24th September 10a.m. to 12.30 p.m.: £15

Come and join yoga teacher Jen Geering for this relaxing workshop where you will:

- Try different types of meditation and mindfulness
- Play some meditation games and have fun with meditation
- Finish with a relaxing, enjoyable guided meditation

**BOOKING ESSENTIAL
AS SPACES VERY LIMITED**

To Book, Contact Jen Geering:
E: hello@makingmetime.com
M: 07950 663969
(Payment by Cash on the day)



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-548660-z>

****LADIES, DO YOU NEED TO RELAX?****

Come and join yoga teacher, Jen Geering, for a fun and friendly INTRODUCTION TO MEDITATION FOR LADIES on Sunday (24th September - 10 a.m.-12.30 p.m.), where you will:

- Learn different meditation and mindfulness techniques
- Play some meditation games
- Finish with a relaxing guided meditation

+Price: £15 (By Cash on Day)+Venue: Anahata Yoga, Upstairs at 10 Terminus Road, Eastbourne (the door to the left of Eastbourne Framing Centre).+Parking: The Arndale Centre carpark is just a few minutes away and opens at 9.30 on Sundays and is free.

****BOOKING ESSENTIAL as VERY limited spaces****+Contact Jen to book, by email: click to contact or phone 07950 663969 07950 6639...(click to reveal full phone)



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