

# Free Workshop - At the Heart of Well-being













Location **East of England, Hertfordshire**  
<https://www.freeadsz.co.uk/x-557919-z>

Challenge and stress are ever present in these fast-changing times we live in. How do we learn to survive and thrive? As we respond to what is going on in the world around us our well-being can begin to become eroded without us even noticing. We forget what it is like to be fully well and we lose sense of the potential we all have to achieve wholeness in our lives. In this experiential workshop, there will be an opportunity to explore what is at the heart of well-being and learn some tools to improve your well-being – physically, mentally, emotionally and spiritually.

Booking required  
 For more information visit [www.brahmakumaris.org/uk/hertfordshire](http://www.brahmakumaris.org/uk/hertfordshire)

E: [click to contact](#)

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