

Meditation



3 Hour Meditation Workshop

Discover how the key principles of Meditation can unlock your inner potential

- Deep relaxation
- Peace and calm
- A greater perspective on life and living

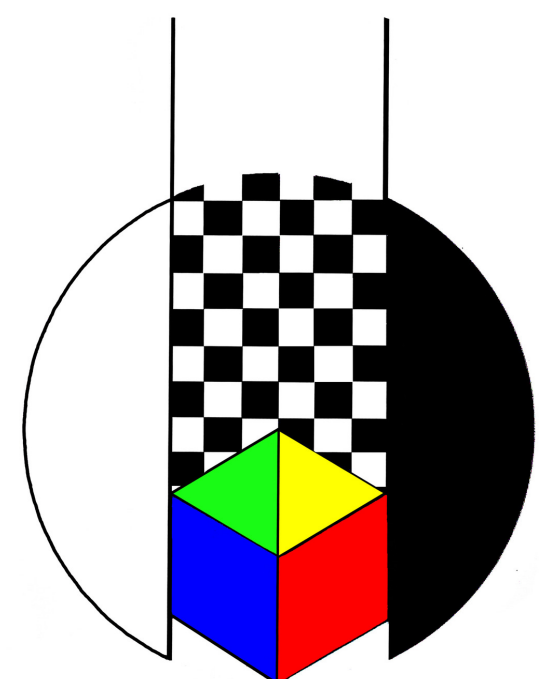
Begin Your Own Journey of Self Discovery

Glasshouse Gallery Chapel Allerton LS7 4NZ

Sunday 9th July 1-4pm

£30

To book or for more information visit
1meditation.com or call 07551 388 390



1meditation.com