



FINDING PEACE WHEN IT FEELS HARD TO REACH

EVENINGS OF GUIDED MINDFULNESS MEDITATION

These powerful Guided Mindfulness Meditation evenings will help you access a state of calm, find new ways to manage stress and turn towards peace.

Learn to manage overwhelm and release anxiety through this focus on Mindfulness strategies alongside powerful Guided Meditations.

STARTS WEDNESDAY
15 SEPT

630pm - 730pm

MAX 8 PARTICIPANTS

£18 a session

BRAMHAM THERAPY

6A London Road
Marlborough SN8 1PH

PRE-BOOKING ESSENTIAL

CONTACT ME TO SECURE YOUR PLACE - [JULIE@SOULSENSEWELLBEING.CO.UK](mailto:julie@soulsensewellbeing.co.uk)

