

Online Mediative Support Group

04

Jun

⌚ 8.30PM to 9.30PM



The group will use yoga, movement, meditation, reflection, sharing and conversation to help unwind at the end of a busy day.

Please make sure you have private and comfortable space to use.

Organiser and Contact Details

Organiser

Skylarks

Email Address

info@skylarks.charity

Phone

07946 646033

Website

<https://www.skylarks.charity/>

Event Repeats

Repeats

This event repeats on the following dates:

- 1Oct
- 8Oct
- 15Oct
- 22Oct
- 29Oct
- 5Nov
- 12Nov
- 19Nov

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Online Mediative Support Group' took place on 04 June 2020.