

Meditation & Relaxation

WORKSHOP WITH MITCH YOGA

Sunday 4th March 2012, 5-7pm

Central Winchester

Cost: £25.00



Try simple, powerful meditation and relaxation techniques and learn the ancient spiritual wisdom for the modern world

Suitable for beginners and experienced meditators, this meditation and relaxation workshop will help you discover the vast untapped potential that lies deep within.

Using a variety of guided visualizations, as well as music and mantra, you will learn how to quiet your mind and enter into a deeper part of your being. It is in this quiet inner space that the infinite potential of the human spirit is experienced.

For further information or to book please contact Mitch.

Payment will be required upfront to secure a place.



Yoga Alliance

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