



Meditation Sessions

Suitable for everyone, beginner and those with experience.

Four evenings of meditations from the Buddhist and Yoga teachings, in class and to take into everyday life.

Each session includes a wonderfully relaxing Yoga Nidra (an amazing, relaxing meditative experience)

The benefits of a regular meditation practice include:

Improved sleep, Improved wellbeing, Improved reaction time, A greater sense of peace and happiness, Increased immunity, Improved concentration, Improved metabolism

And anyone can meditate! During the sessions we explore different methods for meditation and how meditating can help in everyday life.

**4 sessions, 7pm to 8pm.
£10 per session, £28 for all 4.**

Friday 2nd February, Friday 2nd March, Friday 20th April, Friday 18th May

Chain Lane Community Hub, Knaresborough, HG5 0AS

Booking essential as places are limited

For more information or to book please call Judi on 07737193915, or email yogawithjudi@icloud.com