

# THE LETCHWORTH CENTRE FOR HEALTHY LIVING

**Finding Stillness, Silence & Space Workshop:  
Ancient Art of Breath Control and Mantra**  
with Sarah O'Connor Senior BWY Teacher and Director of  
MindFlow Yoga Teacher Training



**Saturday, 13 October**  
14.00 for a 14.30 start-16.30



**Cost** £25 including refreshments.

The Letchworth Centre for Healthy Living  
Rosehill Hospital, Hitchin Road, Letchworth,  
Hertfordshire SG6 3NA

Charity Registration No. 295219  
Established 1984

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**Email** [healthyliving@letchworthcentre.org](mailto:healthyliving@letchworthcentre.org)

**Opening hours** Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30