

THE LETCHWORTH CENTRE FOR HEALTHY LIVING

Silent Retreat

with Dr Neelam Taneja

Sunday, 30 September 9.30 for a 10.00 start-16.00



Using the magic of silence to create an inner sacred space.

"A wonderful day with a wonderful teacher. Self-exploration in a very lovely environment where Neelam ensures you are held in a safe space. I would happily recommend this experience. A huge thank you to Neelam and the fantastic caterers who made the day very special indeed." Student Testimonial

Cost: £65 per person which includes a Nourish lunch and refreshments.

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

Charity Registration No. 295219
Established 1984

Tel 01462 678804



Website www.letchworthcentre.org

Email healthyliving@letchworthcentre.org

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