

Finding Stillness, Silence and Space

with Sarah O'Connor Senior BWY Teacher and Director of
MindFlow Yoga Teacher Training

Saturday, 9 February 14.00 for 14.30-17.30



This popular workshop will look at pranayama, mantra and meditation practices that bring us back to our internal center and true self. These practices include the powerful transformation Buddhist Meditation Practice of Tonglen. We can all work to change our “view” – developing positive techniques to change our relationship with ourselves and others.

Cost: £35 includes refreshments **Code:** WFS1

The Letchworth Centre for Healthy Living

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