

# Learn to Meditate

**Saturdays 10.30-11.30am**

**Mytholmroyd Community Centre**

Two guided meditations & a short talk

*everyone welcome*



**Jan 17,24 Feb 7,14,21**

**£5 per session**

Mytholmroyd Community Centre Caldene Ave HX7 5AF

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Registered Charity No. 1058203 member of NKT-IKBU

