

Meditation Sessions

Day: Monday and Wednesday

Time: 9.00 – 9.20

Thank you for your interest in this Meditation session. During lockdown we will be looking at exploring different types of meditation to help you with your practice.

You will need to download the Zoom app on your PC before you start the class. Please do this in plenty of time before the start of the class as once the meditation session begins, I cannot admit you.

Suggested Class Fee: Free or if you want to make a donation you are welcome !

Health and Safety

- Please log in 5 mins before the session starts.
- Please make yourself comfortable and warm on a chair, yoga mat, sitting crossed legged or lying down.
- Ensure your room is well ventilated.
- Please ensure other members of your household know that you are meditating so you can have the much-needed time you deserve to yourself

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us02web.zoom.us/meeting/tZArc-mogz0qHdHEIfRXzp0ftRIChVny3gXZ/ics?icsToken=98tyKuGsqD8qGtGTsB6CRpwIBI-gc_TwmCFfgqd1uTbjMRhJclPwItBOEbpJHsGD

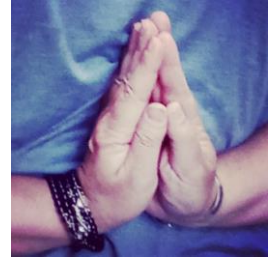
Join Zoom Meeting

<https://us02web.zoom.us/j/84640056075?pwd=amw0bUtnQXlnOHZJZng1M1I5akgxZz09>

Meeting ID: 846 4005 6075

Passcode: 947372

Other sessions we offer



You may be interested in other classes that we offer:
<https://www.thethoughtfulbody.com/yoga-sessions.html>

Rachel's Contact Details

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Thank you and have a wonderful class!

Namaste, Rachel