

MIDDAY MEDITATION

EVERY FRIDAY 12-1PM

**Equilibrium Natural Health Centre
Pewsham, Chippenham**



**spend an hour relaxing, letting go and reconnecting to the Real You,
Source Energy & Guides through powerful
guided meditations and journeys
with**

Lindy Cowling R.M.A.N.M (Dip Hyp) & Oliver Paxton MBTPA

(Just £5 per person)

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