

## Online Mediative Support Group

09

Apr

⌚ 8.30pm to 9.30pm



The group will use yoga, movement, meditation, reflection, sharing and conversation to help unwind at the end of a busy day.

Please make sure you have private and comfortable space to use.

### Organiser and contact details

**Organiser**

Skylarks

**Email address**

info@skylarks.charity

**Phone**

07946 646033

### Event repeats

**Repeats**

This event repeats on the following dates:

- 9Apr
- 16Apr
- 23Apr
- 30Apr
- 7May
- 14May
- 21May
- 28May

## We can remind you about this event

Please create an account or login to set up reminders for this event.