

Meditation at the Sanctuary

in this idyllic setting, overlooking the Thames,
a beautiful private space of peace

Raja Yoga Meditation helps:

- Ease and de-stress the mind
- Relax the mind and body
- Stay younger feeling
- Helps to focus on a special goals

Every 2nd & 4th Saturday 10.50am - 12.00pm

Private entrance :
The Sanctuary,
St. Ethelwoods House,
30 East St. Helen Street,
Abingdon, OX14 5EB

**For beginners and
improvers**

Easy to learn

No postures

Sit on a normal chair

FREE ENTRY

**DONATIONS
WELCOME**

Email:
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for any questions queries



BRAHMA KUMARIS
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