

# Guided Meditation with Focus on Breathing, with Alena

Wednesday December 12<sup>th</sup>, 10.30-11.00am



Join Alena for a guided meditation in the beautifully peaceful environment of Yoga Akasha yoga studio in East Grinstead.

In this meditation, with wonderful piano music background, you'll be guided to connect to your personal power and your intuition through a powerful breathing technique.

We're going to get into an optimal healing state. When we are relaxed our genius emerges. Loving energy and joy emerge. We make better decisions.

Everyone is welcome, regardless of whether you are new to mediation or you've been meditation for years.

Come along and experience it for yourself.

I look forward to seeing you there.

Cost: £5

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Contact Alena at [AvacodoAndBeyond@gmail.com](mailto:AvacodoAndBeyond@gmail.com)

Or call 07598 356352

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