

Hello Autumn



Join me in the peaceful setting
of Holy Trinity LowMoor for a
relaxing Soundbath and
Meditation.

.Reset and Recharge.



When:

Mondays 7.30-8.30pm

Where:

Holy Trinity Church, BD12

Bring:

A yoga mat a pillow, and
a bottle of water

Cost:£6

Just turn up, or contact Cassie at
hello@agk3.uk if you've any
questions!

