



Japanese Yoga & Meditation

Breathe. Move. Centre.

Sundays 17:00-18:30pm

£15 per session

Experience **guided meditation, gentle movement and mindful breathing**

With Robert MacFarland,
**Chief Instructor of Brighton Ki Society,
Full Ki Lecturer, 6th Dan**



Contact by email or phone
robertmacfarland@msn.com

07769 588 938