

COVID 19 - Due to the current requirements for social isolation events have been cancelled or postponed. Where organisations have introduced an alternative, virtual meetings details will be added to the events calendar with joining instructions or contact information.

## Mindfulness with Maya

08

Dec

Starts: 5.00 Ends: 6.00

Online . [View map](#)

Join Maya for mindfulness awareness and practices, and learn how to combat life's stresses now and in the future. Contact Maya to book a place.

### Venue Information

#### Address 1

Online

### Costs

#### Costs

Free

### Event Repeats

#### Repeats

There are currently no upcoming scheduled repeats

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