Mindfulness with Maya

Details

Description

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.

Date

08 December 2020

Start Time

17:00

End Time

18:00

Costs

Costs

Free

Event Repeats

Repeats

There are currently no upcoming scheduled repeats

Venue Information

Address 1

Online