



**ENJOY PRACTICAL WAYS TO HELP
CONTROL YOUR MIND AND REGULATE EMOTIONS**

Come and join us for this nurturing, supportive session. Relax with techniques, including Meditation on Stillness, to cultivate calmness, enhance happiness, increase focus and concentration. Experience a Taster Pranic Therapy Treatment, one of the fastest growing complementary therapies worldwide, effective for the treatment of any physical, mental and emotional conditions.

Relaxation Session

Thursdays for ages 4 years+

Meditation 10:30-11am Healing Clinic 11-11:30am

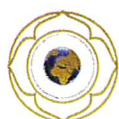
Jealotts Hill Community Landshare,

Wellers Lane at junction of Penfurzen Lane, Warfield, Bracknell, RG42 6BQ

Donations to  **MCKS** Reg: 1188773
Charitable Foundation UK

To reserve spaces contact Jackie O'Connor 0795 768 0598
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www.ukpranichealing.co.uk



**Institute of Pranic Healing
UK & Ireland**