

# Loving Kindness

## Kundalini Yoga & Meditation

*everyone is welcome  
no previous experience necessary*

### Yoga and Meditation Class

*Weekly on Wednesdays and Sundays*

*10:30 - 11:30*

*£20 drop in*

*£90 for 6 classes (use over 2 months)*

### Yoga and Meditation Workshop

*Contact Kadi for info*

*£45 drop in*

*Moon Women's Health - 63 Chetwynd Rd NW5 1BX*

*mats, meditation cushions and blankets are available on site*

*private classes available in person and  
online for all enquiries/bookings contact*

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