

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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