

Restorative Reiki Yoga

*'The healing
combination of
Yoga & Reiki'*

Upcoming Dates

18th May ☸ 2pm - 3pm

23rd June ☸ 12:15pm - 1:15pm

20th July ☸ 2pm - 3pm

17th August ☸ 2pm - 3pm

£15

Booking Essential

Shambala Holistic Centre

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This unique and exclusive combination encourages the flow of life energy in the body removing blockages and unbalances in energy centres, re-establishing inner peace and well-being.