[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://pixshark.com/lotus-icon-png.htm&ei=pchTVZvCHMiwUcKlgVg&psig=AFQjCNHDjkzpFbiozTEWo9XPyi_BhWhRmg&ust=1431640529588869)

**Every First and Second Friday of the month 7:30pm - 8:30pm**

**Recurring Event**

All are welcome to come to a guided Mediation. **Meditation on** **Twin Hearts** is one of most powerful meditations, practiced worldwide as a global healing technique.

Please arrive by 7.15 pm for a brief introduction.

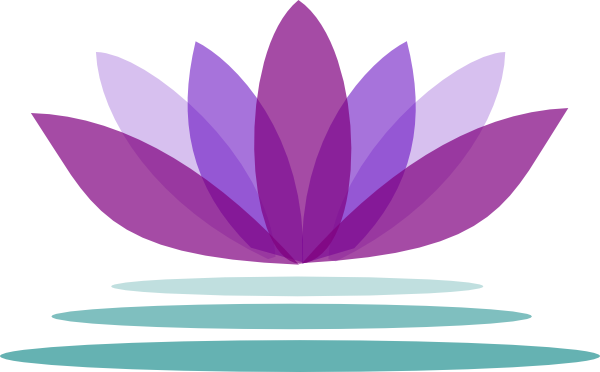
**During the session we will:**

Do gentle yoga exercises to open up the energy centres

Do a guided mediation on Twin Hearts to draw in tremendous amounts of energy

Perform energising exercises to fully absorb the energy generated.

## We do not charge for the evening but ask for a donation.

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://flowers-kid.com/lotus-flower-logo.htm&ei=K8hTVdqhO4aAUaP9gPgB&psig=AFQjCNEKKQqFD8Y0gkxbNm9dCV2H1zFTpA&ust=1431640332017873)

“Mediation on Twin Hearts is one of the most powerful mediation tools for spiritual development. It is true gift from the Great Ones” Master Choa Kok Sui

Where:

**New Crayford Library**

**Meeting Room**

**176 Town Hall Square, Crayford, DA1 4FN**

**E: kent.pranichealing@gmail.com**