

Jnana Yoga Meditation – Teachings of Wisdom and Compassion from the Upanishads, guided meditation and chanting.

Weekly

Thursday 7.00 – 8.30 Swansea Wellbeing Centre, Walter Road. £7 or donation

Prayer of Sri Rudram - Sanskrit Chanting for Peace.

Monthly

Friday 7 - 8.30 pm Swansea Wellbeing Centre, Walter Road.

10/01, 07/02, 06/03, 03/04, 01/05, 05/06, 03/07, 04/09, 02/10, 06/11

Donation

Singing the Sacred - Chanting for healing and peace.

Monthly

Friday 7.00 – 8.30 pm Swansea Wellbeing Centre Walter Road.

24/01, 20/03, 17/04, 15/05, 19/06, 20/11

£7 or donation

For more information contact Anna: 0797 2642678 / anna@jnana.yoga