



Blue Chakra

Mindfulness & Meditation Studio

*Come and join me for
an hour of relaxation
& meditation...*

Classes

Wednesday

10.00am - 11.00am
12.30pm - 1.30pm
6.00pm - 7.00pm

Thursday

10.00am - 11.00am
12.30pm - 1.30pm
6.30pm - 7.30pm

Friday

12.30pm - 1.30pm
6.00pm - 7.00pm

£7 per class.

@65a Station Parade Prince Albert Row
Harrogate HG1 1ST

*Recommend a friend and receive £2 off your class
NHS Staff Discount £5 per class*

Contact: Catherine 07532273607

Blue Chakra Mindfulness, Mindset & Meditation
FB Group