

Self-Compassion Meditation Circle



With Gabriella Angus

Meditations and guided visualizations to nurture you.

A gentle healing space offering the safety and comfort that comes from knowing
we are not alone; we are doing this together.

Meeting ourselves with compassion and kindness, *just as we are.*

Giving ourselves permission *to just BE.*

Nothing to do, nowhere to go.

An hour just for **you**.

This is being offered as a free class to support the community.

Tuesdays: 7pm - 8pm UK time

2pm – 3pm US Eastern time

Join Zoom Meeting Call-in Details

<https://zoom.us/j/96415806773?pwd=eFZSdTY4WnJwVGy2c3gvOUkrMHA1QT09>

Meeting ID: 964 1580 6773

Passcode: 778602