

## **Kumara Meditation Classes**

The [meditation classes](#) are about to restart. Our classes really focus on self-awareness through meditation and throughout the 6-week program, you will be given 'tools' to help you cope with the stresses and strains of every-day life.

Day-time and Evening classes are available.

For the more [advanced meditator](#) or people wishing to continue with a deeper practice our Monday evening 4-week program is the class for you. Classes start on the 8th March - this class will take you to deeper levels of awareness and spiritual development.

Check out the [Timetables](#)