

JOIN NATALIE SNUGGS OF STILLWORKS

CELTIC CONTEMPLATION

www.stillworksmeditation.com

email: info.stillworks@gmail.com / phone 07341 264686 for bookings or more info



EVENING RETREAT

Friday July 9th 4 - 7 pm

Join in person @ St. Illtud's or via Zoom



STILLWORKS

MINDFULNESS MEDITATION
HYPNOTHERAPY

COST: £20 ALL PROCEEDS TO GO TO
CANOLFAN ILLTUD (THE ST. ILLTUD CENTRE)