

Come along to The Sherwood (the yoga studio above the bar), Frankton Road, Queenstown, on Thursday evenings for a community meditation class, suitable for all ages and experience. Take some time out to relax, meet like-minded people, and if you like, join us for a chai in the bar afterwards. Gold coin donation if that's available to you, otherwise come along anyway and soak up the vibes. Be guided on a journey to improve your wellbeing and intuition, and put your life back in your hands. Arrive from 7.15pm, meditation starts at 7.30pm, for approximately 45 minutes.

## Details

- Email:
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- Phone:
  021 184 3944
- Address:
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  Queenstown