



Arts Culture Club

The Arts Culture Club are proud to present a Taster session for Relaxation, Meditation and Breathing techniques, to be held at the Cairnryan Village hall.

In today's world it is becoming increasingly difficult for people to relax and reflect on the wonderful thing, that is, life.

The teacher, Johnny Glover, an experienced Meditation and Yoga teacher since 2003, regularly teaches at the Kagyu Samye Ling Tibetan Monestry, and has very kindly offered to hold a taster session at the Cairnryan Village Hall in the Hub area.

Due to space restrictions please show your interest early as the number of spaces is restricted.

This is a chair based event.

Timings will be 13th July, from 7 pm to 8.30pm.

This is a free event but voluntary donations are welcome to help fund this and future events.

Parking is available.

