



the Listening walk

Meditative walk, Reflective pauses & Story telling

Wednesday, 27th May | 11:30 am - 12:30 pm

Not just a walk — an experience. The Listening Walk brings to you storytelling, breathing exercises, guided meditation, and conscious connection. Slow down, listen deeply, breathe fully, and discover walking in a completely new way.

Venue: Headstone Manor Park, Pinner View, Harrow, HA2 6PX
Meeting point under the Green Flag outside Moat Café

