

Free Event

the Listening walk

Meditative walk, Reflective pauses & Story telling

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.

Meeting point under the Green Flag outside Moat Cafe

to join community group scan



10:30am - 11:30am

Wednesdays

16th Sept

21st Oct

18th Nov

Headstone Manor Park, Pinner View,
Harrow HA2 6PX



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY (UK)

Registered charity in England & Wales (269971)
and Scotland (SC040512)