



WELCOME TO MONDAY MEDITATIONS 2021

Start your week with a simple meditation led by Rakhee every Monday morning via Zoom. The 15min session is open to all and may include readings, breathwork and guided meditations.

All you need is some clear space and something comfortable to sit on (a cushion or chair).

To join, click on the link below from 755am each Monday. All attendees will automatically be placed on silent.

Sessions will start at 8am sharp and will finish at 815am (UK time). Any questions please contact @yogi_rakhee (Instagram) or [email rakhee@superarilife.com](mailto:rakhee@superarilife.com)

Weblink: <https://us02web.zoom.us/j/85902239728>