

FFWPU BFD UK's Second Meditation For Growth And Healing Seminar

Michael Balcomb
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On Friday 4th and Saturday 5th March, the Blessed Family Department held its second MFGH (Meditation for Growth and Healing) seminar with five attendees. An intense starter, learning day of education and discovery of how we can work on ourselves to create a better future and better health, concluding with two meditations.

If you would like to have one delivered in your region or home or to attend a future workshop, feel free to contact Jeffrey Bateman at jeff@ffwpu.org.uk or 07973 316689.

