

Just Meditation

Meditation can, in theory, be practised anytime and anywhere – but it usually helps to choose a time and a place that is reasonably quiet and where you are unlikely to be disturbed or interrupted. Just Meditation offers online a free meditation handbook, online sessions on a Wednesday 8 to 8.30 am

They also have a video to help you meditate in your own time.

Donations welcome as this is a charity offering a free service.

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Website: <https://justmeditation.org/>

Website 2: <https://justmeditation.com/>

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Youtube: https://www.youtube.com/watch?v=VspWpHQS_dw

Cost: Free

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