

Inner Light Meditation Centre
Fridays 6.30pm

9D Breathwork is back!

3rd April 2026
System Reset - Upregulation

10th April
The Heart of Connection - Downregulation

24th April
Self-Mastery & Enoughness - Upregulation

1st May
Subconscious Mind Reprograming - Hybrid

8th May
Healing the Mother Wound

15th May
Anchor to Presence - Downregulation

