

Weekly time schedule. Now 18 weekly live guided meditations to keep you in focus and balance						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.45 - 08.30				Allan - Qi-gong, yoga 25 min. & 20 min. sitting	Allan - Qi-gong, yoga 25 min. & 20 min. sitting	Allan - Qi-gong, yoga 25 min. & 20 min. sitting (Odd weeks)
11.30 - 12.00				Allan - Mental resetting meditation		
11.15 - 12.15					Marcello	
12.00 - 13.00	Marcello					Manookah (Odd weeks)
13.30 - 14.00				Allan Compassion meditation		
13.00 - 14.00		Patricia	Rikke			
13.30 - 14.30					Allan - Qi-gong, yoga 30 min. & 30 min. sitting	
14.00 - 15.00						Allan - Qi-gong, yoga 30 min. & 30 Bodyscan (Odd weeks)
16.00 - 16.30				Allan Bodyscan		
16.15 - 17.16					Manookah	
16.00 - 17.00				*Annette in Hillerød City		
16.30 - 17.30		Jeppe	*Allan in Hillerød City Qi-gong, yoga 30 min. & 30 min. sitting			
17.15 - 18.00	Kurt Lilleør					

The guided meditations require you to have a 'Standard Silence' membership. *Drop in to Silence' is possible during the other opening hours.

PS. Reservations are made for special cases where the guided meditations may be canceled. Please check our Facebook page for info the same day you want to join a guided meditation. In these cases, it will be stated if there are cancellations.

* Thursdays from 17.30 - 20.00 we are open for the 4. week 'Series of lessons on Mindfulness & Meditation v/Allan Ulrich Thomsen'. This course has start up's every month (in danish). See more on the website for signing up, and get 1. month free membership.

**Public Meditations in Hillerød city takes place at this address MindfulnessCenteret.dk, Helsingørsgade 30, 3400 Hillerød.