



Living Well North Tyneside

Supporting Health and Wellbeing

I specialise in making meditation easy to learn, and enjoyable to do. If you're a beginner, I'll help you learn how to meditate and get results. If you're looking to rekindle a previous meditation practice, I can help you get back on track. If you're simply looking for some guided meditations to help you relax better, I can help you too.

I make meditation easy to learn, and enjoyable to do, helping you to unlock a happier, healthier, more enjoyable life. Whether it's meditating for relaxation, or having a calmer mind, better sleep, or for its health and wellbeing benefits, or to helping you on your spiritual path. Whatever reason you're choosing to meditate for, it's effective, it works, and I can help you get started today.

As an experienced meditation teacher, I have an excellent track record of success. Since 2015 I've been helping people all over the world learn how to meditate and live happier, healthier, more enjoyable lives, with less stress, and more reasons to smile. I'd love to help you too.



[meditation](#) | [Meditation Teacher](#) | [stress relief](#)

Meditation

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Last Updated - 13th August 2024



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