Lester Aldridge Offers Meditation Sessions to Clients

At Lester Aldridge, we care about the wellbeing of our employees, clients and those in our local community. Therefore, we are delighted to now be offering our weekly meditation sessions to our clients.

Every Tuesday at 1.30pm, YogiKeith will host a guided meditation session for 30 minutes virtually via Zoom. YogiKeith is the alter ego of Keith Hart, Law Librarian at Lester Aldridge. Keith is a British Wheel of Yoga (BWY) Qualified Level 4 Diploma Yoga and Meditation Teacher who has run yoga and meditation classes for all staff at Lester Aldridge every week over the last 2 years; with extra sessions in the firm's Health & Wellbeing Weeks. Keith provides mixed ability classes focussing on relieving the physical, mental and emotional strains of a busy professional life, with most students being beginners. When they first attend they are normally very new to the practice of relaxing and reducing stress! We would now like to welcome anyone to join these free sessions with YogiKeith saying; 'No experience is necessary, just bring yourself, sitting in any chair comfortable for you, wearing whatever you wish.'

Managing Partner Matthew Barrow says: 'I have participated in many of YogiKeith's meditation sessions over the past couple of years and have found them hugely beneficial. This is a great opportunity for others benefit.'

If you would like to join one of YogiKeith's sessions, email info@LA-law.com to book your free place.

Tel: 0344 967 0793 | Email: info@LA-Law.com | www.lesteraldridge.com

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