

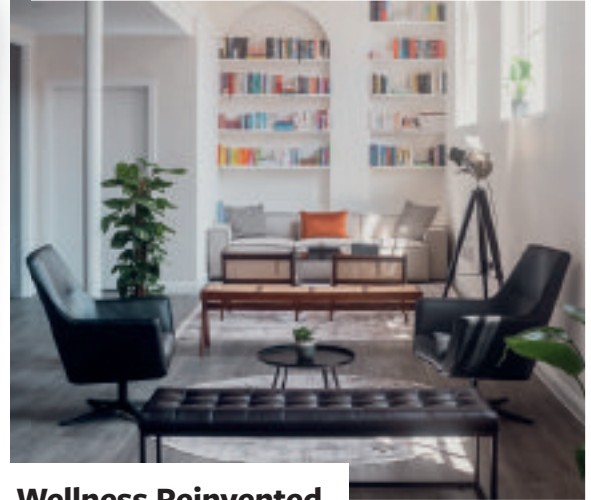
# Mindfulness

## Walk and talk

For a therapeutic experience that goes beyond the traditional setting, try Walk & Talk Therapy. Unwind amidst the serene beauty of Wandsworth Common or Clapham Common in London, and release pent-up emotions without inhibition as you walk, talk, and exercise simultaneously. Don't forget to bring your beloved pets along! **Book your free 90-minute intro session**, with no obligation thereafter.

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## Charlie's Rock Shop

Charlie's Rockshop is one of the largest and most reasonably priced crystal stores in South West London. Their friendly and knowledgeable team includes a qualified geologist, environmental scientist and crystal healer who are always happy to welcome, help and assist you with their expertise. A must for Christmas gifts.

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Merton Abbey Mills

## Wellness Reinvented

Private mental health & wellness clinic, The Soke, has launched its second centre, Soke Wimbledon, in June 2023, serving children, adults and families. The new clinic covers common behavioural health issues such as depression, anxiety and other non-acute disorders. It offers family therapy, child and adolescent counselling, and corporate wellbeing services. **Contact us if you are looking for support.**

THE SOKE 1 Compton Road, SW19 7QA  
020 7139 5051, wimbledon@thesoke.uk, www.thesoke.uk

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