

MINDFULNESS MEDITATION AND RELAXATION

England & Wales · Charity number 1168960

Details

Other names BEHERENOW.SPACE

Status Registered

Legal form CIO

Registered 2016-08-30

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE PRESERVATION AND PROTECTION OF HEALTH, BOTH MENTAL AND PHYSICAL, OF PEOPLE RESIDING IN THE UNITED KINGDOM, IN PARTICULAR BUT NOT EXCLUSIVELY, BY: - PROVIDING CLASSES IN MINDFULNESS MEDITATION AND RELAXATION- PROVIDING ADVICE AND INFORMATION RELATED TO MINDFULNESS MEDITATION AND RELAXATION

Activities: Mindfulness meditation events in Oxford and online guided commentaries.

Classification

- **How:** Provides Services
- **What:** Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30		£0	£0	-
2024-06-30		£0	£0	-
2023-06-30		£0	£0	-
2022-06-30		£0	£0	-
2021-06-30		£0	£0	-

Trustees

Name	Role	Appointed
GAVIN WHITAKER		2016-08-26
MELISSA GAUM		2016-08-26

Accounts

Mindfulness Meditation and Relaxation

Registration Number: 1168960

Trustees: Stephen Davies, Melissa Gaum, Gavin Whitaker

Annual trustees Report

No activities this year.

No financial activity.

Accounts

No activities at all this year. The charity is non-operational. Decision to be made probably next year as to close it.

Accounts

No activities again this year.
Charity is in a state of temporary suspension.

Accounts

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Charity is in a state of temporary suspension.

Accounts

TRUSTEE'S ANNUAL REPORT - MINDFULNESS MEDITATION AND RELAXATION

No activity took place this year (20/21) due to Covid.