



Summer transitions into autumn and we have some OMlicious weekend offerings on offer... with workshops for all abilities and charity social events for your friends and family too, there is something for everyone. Visit our website for further information.

---

## Gong Relaxation Sound Bath

Monthly Sunday Sessions with Craig Eddington



A Gong Relaxation Sound Bath is a fantastic way to leave behind the stresses of modern life and is also a great introduction to Sound Healing and Sound Therapy. The Gong is played gently along with Himalayan and Crystal Singing Bowls. The captivating tones will lull you into a deep, restorative, relaxation. A Gong Relaxation Sound Bath is a fantastic way to leave behind the stresses of modern life.

## The F#!k It Series

Sunday Evening Workshops with Andrea



Andrea has created a series of workshops - they are a little different, a bit rebellious and unapologetic with Let Go, Balance and Mandala Flow sessions - light-hearted and lots of fun. Studies show that swearing through any kind of mental or physical discomfort can help to tolerate this better...

---

## Goddess Yin Retreat – Half Day Experience

Sunday 9th October - 1pm - 4.30pm with Kirsty and Dani



Kirsty and Dani invite you to experience a sumptuous half day of delicious connection to Self and like minded others ... In the spirit of deep and healing YIN energy.

---

## Using Somatic Movement to Release Stress

Sunday 16th October - 4pm - 6pm with Ian

A workshop to encourage the release of stress and tension from your neck and shoulders where we all hold so much of our tension...

---

## Snakes and Ladders

Sunday 30th October and Sunday 4th December 10am - 4pm with Lesley

The ups and downs of the human body. Two workshops for yoga and movement teachers, as well as super keen students of yoga!

---

**Lokah Samasta Sukhino Bhavantu - May all beings be happy and free.**

**Contact us**

