



May all beings be safe and live with ease....

Dances of Universal Peace

Saturday 11 November 3.00pm to 5.00pm



Dances of Universal Peace

Dance the Prayers of your Body, Heart and Soul!

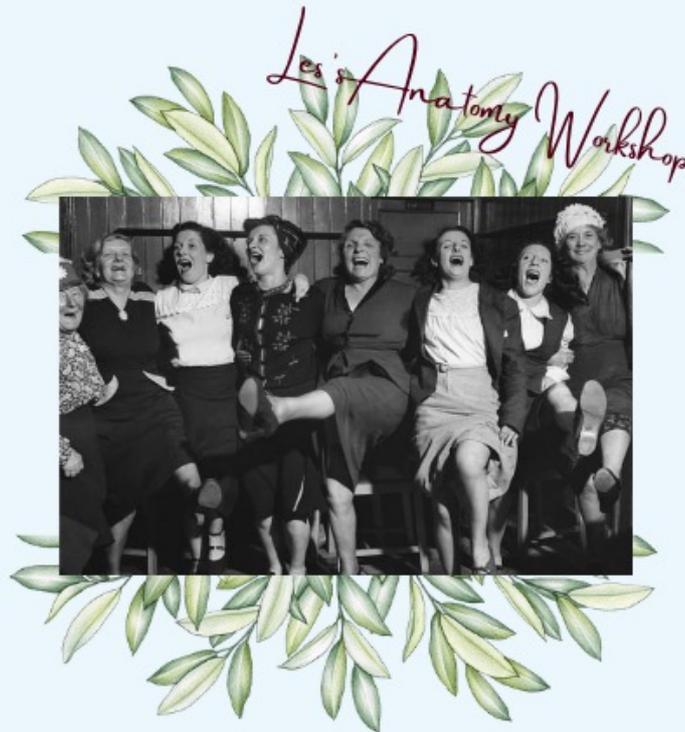
Everything is taught as we go along, so anyone can join.

If you'd like to join us for a shared meal afterwards, please bring a contribution of something delicious to share.

May all beings be healthy and strong...

The Ankle, Knee & Foot with Lesley Dyke

Sunday 19 November 10.00am to 4.00pm



A day's training with Les Dike, physiotherapist and yoga teacher – open to all yoga teachers, student teachers and yoga enthusiasts!

May all voices and hearts be heard.....

Om Social Sing with Lily Rose Moharrer

Sunday 25 November 12noon to 3.30pm



Come one come all come every soul, and sing to your hearts content!

An afternoon of connecting to the heart space and freeing the voice through collaborative singing.



Dates for your Diary

November:

- 11 Saturday** - Dances of Universal Peace with Jilani
- 12 Sunday** - Winter Wellness Retreat with Kat Green
- 18 Saturday** - BWY Foundation Course 1
- 19 Sunday** - The Knee, Ankle and Foot Anatomy Workshop with Lesley Dike
- 25 Saturday** - Om Social Sing with Lily Rose Moharrer
- 26 Sunday** - Gong Relaxation with Craig Eddington

December:

- 09 Saturday** - Celebrate the Wheel of the Year with Eleanor Chitham
- 17 Sunday** - Gong Relaxation with Craig Eddington



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