

Sing, Dance and Herbal Health



Om Social Sing with Lily Rose Moharrer

Saturday 24 February - 12.00noon - 2.30pm



An afternoon of connecting to the heart space and freeing the voice through collaborative singing. We will be learning songs in unison, harmony, canon/round as well as some gentle improvisation games and circle singing.



Celebration of Ma - A Concert with

Victoria Jack

Sunday 10 March - 2.00pm to 4.00pm



On Mother's Day and moving towards Ostara Spring Celebration, we celebrate creative power, fertility and femininity and the bountiful generosity and kindness of the mother...

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Herbal Medicine Workshop with Kat Green

Sunday 17 March - 10.00am - 12.00noon



Spring Cleanse Herbal Workshop

Learn about the medicinal properties of abundant herbs that pop-up in spring and are easy to spot on walks



Dances of Universal Peace – The Aramaic Lord’s Prayer with Jilani

Sunday 07 April - 10.00am - 4.00pm



The Aramaic Lord’s Prayer a Ceremony of Sound and Light

Dates for your Diary

February:

24 Saturday - Om Social Sing with Lilly

March:

03 Sunday - Writing for Wellness Workshop

10 Sunday - Celebration of Ma

16 Saturday - Celebrate the Wheel of the Year Workshop

17 Sunday - Herbal Medicine Workshop

23 Saturday - BWY Foundation Course

24 Sunday - Gong Relaxation with Craig Eddington

April:

06 Saturday - Somatic Movement with Ian Young

07 Sunday - Dances of Universal Peace - The Aramaic
Lord's Prayer

13 Saturday - Strong Steady and Straight Workshop

20 Saturday - BWY Foundation Course

21 Sunday - Writing for Wellness Workshop

28 Sunday - Gong Relaxation with Craig Eddington



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

Contact us

