



*As the clock ticks and the world turns, the nights
grow darker; we are filled with anticipation and
hope...*

*Welcome to our season of nourishment... a little
time out just for you!*

Dances of Universal Peace

Saturday 14 September 2.00pm - 5.00pm



Looking towards the Equinox, Dancing with Balance and
Harmony Dance the Prayers of your Body, Heart and Soul!



Autumn Equinox Workshop with Ellie
Chitham

Saturday 21 September 2.00pm - 5.00pm



Honour the changing seasons, explore their challenges and recognise their wisdom, gifts, and invitations through yoga and meditation.



Finding Balance with Andrea

Sunday 29 September 5.30pm - 7.30pm



Discover the power of balance in Andrea's specially designed yoga workshop



Fire Cider Herbal Medicinal Workshop
with Kat Green

Sunday 13 October 10.00am - 12.00noon



Autumn is the perfect time to start nurturing a fire cider in preparation for winter wellness



Workshop Dates for your Diary

September:

08 Sunday - Om Kirtan

14 Saturday - Somatic Movement with Ian Young

14 Saturday - Dances of Universal Peace

22 Sunday - Gong Relaxation with Craig Eddington

29 Sunday - Finding Balance with Andrea

October:

13 Sunday - Herbal Medicinal Workshop with Kat Green

19 Saturday - Somatic Movement with Ian Young

27 Sunday - Gong Relaxation with Craig Eddington

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

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