

LAMMAS MINI RETREAT



A MORNING OF YOGA; RITUAL & HASTABHYANGA (HAND MASSAGE) IN CELEBRATION OF THE CELTIC FIRE FESTIVAL OF LAMMAS (LUGHNASADGH), THE FIRST HARVEST.

ASANA, PRANAYAMA, MUDRA & BANDHA, DHARANA & KIRTAN PLUS HASTABHYANGHA. A LAMMAS RITUAL WILL ALSO BE INCLUDED AS WE CONTINUE AROUND THE WHEEL OF THE YEAR.

WHERE? BLACKHEATH COMPLEMENTARY HEALTH CENTRE, 184/6 WESTCOMBE HILL SE3 7DH

WHEN? SUNDAY 7 AUGUST 10:00-13:30.

WHAT ELSE? £50. OR £40 CONCESSIONS. FULLY EQUIPPED YOGA STUDIO. BOOKING ESSENTIAL. CLOSING DATE THURSDAY 4 AUGUST (OR BEFORE IF PLACES ARE FULL).

e: info@peacefulpractice.co.uk to book before 31 July 2022. **t:** 07816 443319

