

BEALTAIN (BELTANE)
A YOGA CELEBRATION FOR THE
DAWNING OF SUMMER



Earth energies are at their strongest and most active. All of life is bursting with potent vitality and joy.

This event will include flowing yoga sequences to celebrate the abundance of the Earth; mantra; pranayama and yoga nidra.

SUNDAY 5 MAY 2024 10:00-13:30

BLACKHEATH COMPLEMENTARY HEALTH CENTRE

184/6 WESTCOMBE HILL SE3 7DH

£50

Contact Bernadette: info@peacefulpractice.co.uk to book