

IMBOLC MINI RETREAT



At this time of year, we are noticing new life emerging around us. The message is positivity and living in the moment.

Our Imbolc yoga will honour and align with this phase in the Wheel, with some awakening, gentle flow sequences.

We will align ourselves with ritual and meditation with the focus on possibilities.

And honour the Goddess and Saint, Brighid, whose festival this is.

Venue: Blackheath Complementary Health Centre,

184/6 Westcombe Hill, SE3 7DH

Date: Sunday 26 Jan 2025 **Time:** 10:00–13:30 **Fee:** £53 / Conc £47

Email to book: info@peacefulpractice.co.uk by Saturday 18 Jan (cash or BACS).

Last minute (48hrs) cancellations are unable to be refunded unless your place can be filled.