

WINTER SOLSTICE



Sunday 21 December 2025

Time: 15:15

TO MARK THE LONGEST NIGHT AND CELEBRATE THE SEAMLESS FLOW TOWARDS THE INCREASING LIGHT, WE WILL BE IN GREENWICH PARK.

WE WILL WALK TO THE HENRY MOORE STATUE, WHICH IS ON THE WINTER SIDE OF THE PARK. ENTITLED "LARGE STANDING FIGURE: KNIFE EDGE. ITS LOCATION, ON THE BROW OF A HILL, WAS CHOSEN BY THE SCULPTOR.

(NOTE! THIS IS NOT THE GENERAL WOLFE STATUE, AT THE OBSERVATORY, NOR WILLIAM IV NEAR THE ENTRANCE THROUGH THE GATE.).

WE WILL DO SOME STANDING YOGA ASANAS, SIMPLE PRANAYAMA AND A SHORT RITUAL AND VISUALISATION.

PLEASE BRING A SMALL WRAPPED GIFT, NO MORE THAN £5-£6 IN VALUE, NEW OR RECYLED. EVEN THOUGH OUTSIDE, WEAR SUITABLE YOGA GEAR, CAN INCLUDE HATS AND GLOVES!

AND BRING A DRINKING VESSEL!

MEET AT ST MARY'S GATE, IN GREENWICH TOWN CENTRE, KING WILLIAM WALK. 15:15.

CONFIRM YOUR ATTENDANCE BY 20TH DECEMBER VIA TEXT /WHATSAPP TO 07816 443329.

FEE £10.