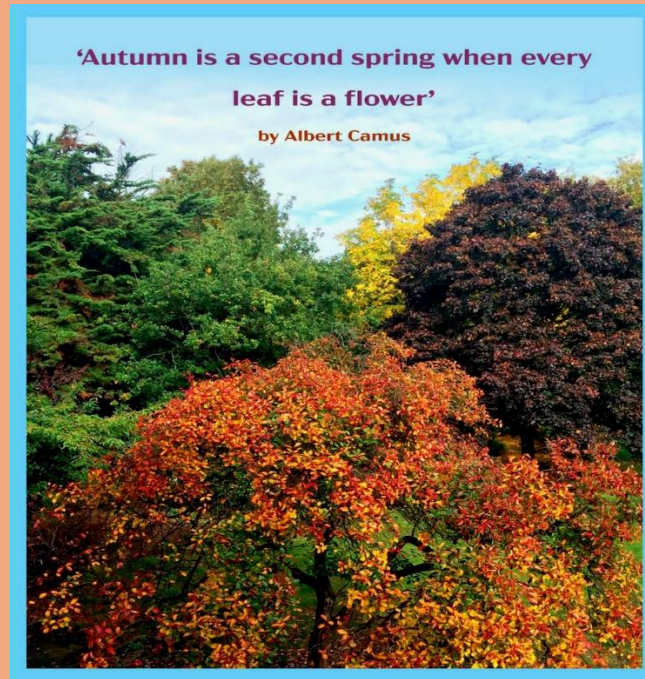


MABON/AUTUMN EQUINOX/ALBAN ALFED

Sunday 20 September 2026. 10:00-13:30.



The Studio, Blackheath Complementary Health Centre
184/6 Westcombe Hill, SE3 7DH.

Seamlessly we drift into the second harvest, with its shorter, cooler days. The movement is inwards, quieter, preparing to let go. This is the pause at the point of balance-day and night- midway between Lughnasadh and Samhain. A time for inner reflection.

This event will offer Celtic Wheel themed yoga sequences with a somatic, elemental approach, pranayama, yoga nidra and simple ceremony to mark the transition and offer support for this significant seasonal shift.

All equipment and refreshments provided.

Booking essential by 15 September 2026

Investment 57.00

Contact info@peacefulpractice.co.uk

