

CELTIC WHEEL YOGA-SAMHAIN

SUNDAY 1 NOVEMBER 2026 10:15-12:15

BLACKHEATH COMPLEMENTARY HEALTH
CENTRE,

184/6 WESTCOMBE HILL SE3 7DH



Step into the darkness as the wheel turns again

At Samhain we deepen into the quiet of the season.

The focus is on more ground and earth-based moving sequences, then honouring the stillness with both Yin and Restorative Yoga, A deep yoga nidra will guide you into a state of relaxed awareness. We will breathe into the shadows and create space to release what is ripe to surrender into transformation.

Prompt prebooking is essential. £37 [e:info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk)