

Creative Mindfulness

Cultivating flexible bodies and minds with gentle stretching and pranayama. Followed by a lovingly prepared lunch and a fun wet-felting workshop. Aimed at beginners but all abilities are very welcome to join.

Date: Saturday, 17th February

Time: 11 am start (allow 4 – 5 hours)

Venue: Coleby Hall, DL83DX

Cost: £30 per person

Spaces are limited (only 3 left!) so booking is essential. To avoid disappointment, please contact Nicolene on (e)nicolenescarr2015@gmail.com

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