

MOVEMENT AND MEDITATION

SUPPORT FOR WELLBEING AND NOURISHMENT FOR THE SPIRITUAL LIFE

AT: ST AUGUSTINES CHURCH, WHITTON, TW2 6DE



SESSIONS INCLUDE:
**GUIDED MINDFULNESS MEDITATION, GENTLE EXERCISE, CREATIVE
RELECTION THROUGH WORDS AND MOVEMENT, TIME TO REST**

Benefits include:

- Feeling more at peace
- Easiing aches and pains
- Deepening your faith and spiritual life
- Experiencing a sense of community

ALL WELCOME!

Facilitator - Rachel Michael
dance movement therapist and lay pioneer
www.embodiedperspective.org

Dates and times TBD

To enquire email:
rmmichael2010@gmail.com
or phone: 07773 298426

**Contribution: £10 or £5
per 1 hour session
(according to means)**

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