

HARRY EDWARDS

healingsanctuary

Themed & One-Day Retreats For 2010

For those unable to attend one of our three-day events, we now offer a range of one day retreats which include time to relax, meditate, experience healing and, in the case of themed retreats, participate in one of the expertly-guided activities offered.

All retreats include lunch and refreshments.

Themed Retreats £35 per person

22nd March

Gentle Yoga with Michelle Corrigan

26th July

Taijiwuxigong with Jo Osborne

27th September

Qi Gung with Lou Requena

29th November

Sound and Laughter with Narayani Guibarra

One-Day Retreats £25 per person

26th April ~ 25th June ~ 25th October

To book, or for more details

Call 01483 205620

Email: events@burrowslea.org.uk

www.sanctuary-burrowslea.org.uk