

# New Workshops



“health & well being”

Most workshops are for either 2½ or 3 hours unless otherwise stated. Light refreshments and notes accompany all our workshops.

## **Whistling Wishes**

Set your imagination free, magnify your manifestation techniques and enjoy wishful thinking. You'll receive a specially selected 'magic whistle/crystal' to use and take home with you too so you can continue your practice after the workshop.

## **Chanting**

Have you ever thought about chanting? Well now's your chance to enjoy a relaxed workshop exploring chants (old and new). No worries about your singing voice, it'll all come naturally, oh yes it will 😊

## **Runes**

An opportunity to explore the ancient practice of runes. Rune reading, also called rune casting, is a divination tool that uses stones with symbols to answer questions about your past, present and future. Rune stones can also help you get clarification or advice on how to address an issue or problem.

## **Mantras and Mandalas**

Time to explore mantras (a mantra is a word or sound repeated to aid concentration, believed to have special power). Mandalas, simply put, are an aid to help focus the mind.

## **Regular meditation group**

Would you like to join a regular meditation group and enjoy a meditation practice with the use of a drum?

## **Mudras**

The word is Sanskrit meaning gesture, mark or seal. Most commonly known as hand positions which are believed to affect the flow of energy in the body and unblock chakras.

Dates to be arranged later in 2018 and early 2019. If you're interested in any of the above, please let me know by email/text/phone. Thanks