*Dates for your diary*

* **Monthly Aquarian Sadhana /Meditation & Mantra**
* **26th January - 23rd February - 29th March - 26th April**
* **24th May - 28th June**

Sunday Morning 6.30am – 8.00am

Followed by breakfast

Cost: £12 Venue Greywell

* **Lazy Sunday Afternoons Total Relaxation**
* 16th February – 15th March – 19th April – 10th May –

Sunday Afternoons 2.00pm – 4.30pm

Cost £20 venue Greywell

* **Monthly Full Moon Gong Sound healing Celebrations**
* **5th February 11th March 8th April 6th May 3rd June**

Wednesday Night 7.00pm – 9.30pm

Cost: £20 Venue Greywell

* **Spring Equinox GongYoga Celebration**
* **Friday 20th March**

7.00pm – 9.30pm

Cost £20 Venue Greywell

* **Summer Solstice Gongyoga Celebration**
* **Saturday 20th June**

4.00pm – 6.30pm

Cost £20 Venue Greywell

* **Every Wednesday Night Kundalini Yoga for all**

7.00pm – 8.30pm

Cost £54 Block

Drop in £10

Greywell Village Hall

* **Every Thursday Night Kundalini Yoga For Al**l

7.00pm – 8.30pm

Cost £50 Block

Drop in £10 Venue The Cricket Club Yateley

For more details and to book please go to my website, email or phone