

Pendle Holistics

What's On

Sat 7 May – Mindfulness Awareness Day 10:00 - 16:00 £60.00

Sun 8 May – Day of Drumming 10:30 – 16:00 £25.00

11 May – Crystal Singing Bowl Sound Bath 19:15 for 19:30 start £15.00

16 May – Angel Meditation with Gina 19:00 start £10.00

18 May – Tibetan Bowl and Drum Sound Bath 19:15 for 19:30 start
£15.00

6 June – Angel Meditation with Gina 19:00 start £10.00

Tues 31 May – Week 1 of 8 week MBSR Mindfulness course 7:00 pm
Developing your mindfulness practise £200 (£100 deposit to confirm
booking)

1 June – FREE MOVIE NIGHT. You can heal your life the movie. 18:45
for a 19:00 start £2.00 donation for refreshments.

7 June – Week 2 Mindfulness course

8 June – Crystal Singing Bowl Sound Bath 19:15 for 19:30 start £15

12 June – Reiki 1 training – full day £100.00 inc manuals (£50 confirms
booking)

14 June – Week 3 Mindfulness course

21 June – Week 4 Mindfulness course

22 June – Tibetan Bowl and Drum Sound Bath 19:15 for 19:30 start
£15.00

25 June – Trance Workshop – Denise Butterworth working with altered
states 10:00 – 16:30 £60.00

9 July - Reiki 1 training – full day £100.00 inc manuals (£50 confirms
booking)

11 July – Reiki Share for those already attuned to Reiki 19:30 £5.00

Visit the website to make your booking or call in at our centre.

Andrea Jackson

T: 07929 331142

www.pendleholistics.co.uk

