

Heal Your Body – Nourish Your Spirit

With

Richard Farmer

This day is designed to help you prepare for and recover from the effects of surgery or any cancer treatments. It will introduce you to the Tai Chi principles of healing and relaxation via "Shibashi" a beautifully simple set of Tai Chi movements. It will include Meditation to help you feel your place of stillness and spirit and some simple healing touch. The healing touch takes the aliveness that we experience in the movements, the stillness we find in the meditation and offers it, through touch and holding, to another.

An important and nourishing day not to be missed.

There will be back up CDs and DVDs for those who wish to take it further.

Please wear loose comfortable clothing.

Monday 2nd February, 2009 10.30am – 4.00pm

Please Book at Reception 020 7384 0099 Suggested
Minimum Donation £25.00

Registered Charity Number 1061726