

# **EASTBOURNE MEDITATION & HEALING CIRCLE**

Meditation and healing circle meetings every 4<sup>th</sup> Tuesday a month from 7.30-9.30pm, at The Yoga-Life Studio located in The Enterprise Centre in Eastbourne.

This meditation group is for *anyone* who feels drawn to come!

We have successfully been running our meetings for over 5 years now and to our joy the group is still blossoming.

During the meditation and healing circle we have meditations/visualisations as well as what we call “play time” where there is a chance for healers to practice healing, a perfect opportunity to receive healing!  
There will be angel card readings, emotional freedom techniques; singing/crystal bowls and so on.

Our aim is to create a safe environment for likeminded people here in Eastbourne who have embarked onto the spiritual path and are seeking a spiritual community where we can all share and grow together.

The group is based on donation only where 50% of the takings are donated to our chosen charity helping and supporting a leprosy colony in India. The charity is Eastbourne based and we work closely with the progress and development of the work that is been done.

For more information please visit: [www.sarva.org.uk](http://www.sarva.org.uk)

*“A drop of water cannot be a river; a river is formed by numerous water drops. It is the joining together of countless drops that creates a flow. The real flow of life lies in unity, in the oneness that arises out of love” Amma*

## **2010 MEETINGS FOR YOUR DIARY**

**JANUARY 26<sup>th</sup>, FEBRUARY 23<sup>rd</sup>, MARCH 23<sup>rd</sup>, APRIL 27<sup>th</sup>, MAY 25<sup>th</sup>,  
JUNE 22<sup>nd</sup>, JULY 27<sup>th</sup>, AUGUST SUMMER BREAK, SEPTEMBER 28<sup>TH</sup>,  
OCTOBER 26<sup>th</sup>, NOVEMBER 23<sup>rd</sup>,  
DECEMBER – CHRISTMAS BREAK**

*The more light we bring in, the greater healing takes place!*

Any questions please call:

Wenche (venka) Beard on 07812 052 742

e-mail: [wenche@yoga-life.co.uk](mailto:wenche@yoga-life.co.uk) or [www.yoga-life.co.uk](http://www.yoga-life.co.uk) or [www.yogaliferetreats.co.uk](http://www.yogaliferetreats.co.uk)