

INNER AND OUTER SPACE

Saturday 23rd July 2011, 9.30 to 12.00
Meet at the Rodborough Community Hall, Butterow West, GL5 3TZ



short description

Whether you practice yoga or not, whether you draw or not, this half-day outing into the woods will be an enjoyable exploration of the landscapes around us and the landscapes within.

Led by yoga teacher Amanda Sultan-Black, <http://www.thejoyofyoga.co.uk/> and artist Richard Keating, <http://www.walkingtheland.org.uk/> the session will involve walking about two miles, gentle stretching and breathing exercises, simple writing and drawing exercises

what to bring

- dress comfortably and appropriately for the weather and walking in woodland
- water to drink
- a yoga block for sitting on if you have one

what will be provided

- paper and pencils
- yoga blocks for those who don't have any
- plastic bags for sitting on

cost

£7.50

how to book

Places will be **limited to 12** - first come, first serve.
Please phone Amanda on **755635** or Richard on **756064**