

FINDING YOUR FEET

A one-and-a-half-day workshop for all who seek their own unique direction in life

Easy group dance, grounding Yoga practice and a full course in the application of the gentle touch work: LINA - Life Touch (Metamorphosis).

This workshop offers the participants to get closer to themselves, as well as to enjoy a relaxing and fun time in a group of lovely people. All physical exercises are gentle and optional.

October 27th and 28th (Sat and Sunday)

THE PAGODA – GRANTOWN-ON-SPEY

For more information: **Please text Barbara on 07967-372121 or e-mail me on: barbara@terrabomba.plus.com**

Organised by Bumble-Bee's Physio

[Proceeds in aid of the Highland Hospice](#)

Cost: one and a half day workshop : £50; or two places for £75 – and concessions

Spread your wings safely into the unknown and

Let your feet



do the landing