



**How do you let go of what holds you back from moving forward into a more light-filled and joyful way of being in your life?**

**What practices can support you as you work to shift those old patterns and ways of reacting to the world, that trip you up on your journey towards greater peace and wholeness in your life?**

The Celtic New Year offers a moment in time which has been honoured by our ancestors for millennia, yet still has deep wisdom that speaks us today, and powerful practices which support us in the path of spiritual healing and transformation. Working with the energy of the season, we are invited to enter a space of reflection, of letting go, of honouring the past and preparing to move forward.

The Celtic Harp holds us in a place of quiet attention and peace as we work with spiritual practices that help us move forward and make the changes that we need, in order to develop an authentic and peaceful way of living.

**Venue: The Meditation Centre, Dent, Cumbria**

**Time: 10am – 4pm**

Cost: Suggested Donation is £55 – please donate what you can afford, as concessions are available

To book your place:

Write: The Meditation Centre, Flintergill, Dent, Cumbria, LA10 5QR

Tel: 07582 017396

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