



CHRISTMAS CANDLELIT
Deep Relaxation, Meditation
&
Healing Sound Bath
with
Nikki Jackson & Carole Love



*Relax and ease into the days before Christmas
Everyone welcome, including complete beginners*

Tuesday 19th December 6 – 7.30pm
Enstone Parish Hall, The Paddocks, OX7 4AZ

Suggested Cost: £25
Proceeds in aid of Young Minds

Please bring a mat, a cushion, a blanket and wear warm layers

For bookings and further information please contact
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