



The Life Whisperer presents
**THE WAY OF MEDITATION
WOODLAND WORKSHOP**

Thursday 22ND March 2012

10 am – 4.30 pm

@ Forest Garden Shovelstrode, Shovelstrode Lane, East Grinstead, Sussex RH19 3PH

Price £85 per person, including refreshments and home-cooked lunch

Join experienced spiritual teacher Diana Coldman as you learn how to create sacred space to enhance your wellbeing, truly relax, celebrate the spring equinox and learn different meditation techniques. You will receive a personal journal in which to record your experiences that nurture and nourish the soul long after the day is over

This special workshop is open to 10 people

Online booking (paypal): www.forestgarden.info

Or call 07802 790425



In association with

 **Forest Garden**
Shovelstrode