

RADIATE

A SUMMER SOLSTICE DAY RETREAT

Kingswood Arts
Seeley Drive
SE21 8QN

OVERVIEW WED 21 JUNE

MINI MASSAGE

10 minute mini massage options - head hands or shoulders

SCHEDULE

10.30am - 11.00am Opening circle
11.00am - 12.00pm Surya Yoga Flow
12.00pm - 12.15am Tea
12.15am - 12.45pm Embodied Art
12.45pm - 1.30pm Lunch
1.30pm - 2.00pm Meditative Art
2.00pm - 2.30pm Surya Mantra
2.30pm - 3.30pm Sound Journey
3.30pm - 4pm Closing circle

WHAT TO BRING

- Yoga mat (if you have one)
- Yoga socks/shoes/flip flops as we will not be wearing our outside shoes inside The Palm Court
- Comfortable clothing (some long sleeved cosy layers for relaxation)
- Your water bottle (water will be available on the day)
- Anything else you may need for the planned activities or to bring you more comfort on the day

INFORMATION FOR YOUR CONVENIENCE

- The closest train station to the venue is Sydenham Hill (7 min ride from Brixton underground), the 450 bus serves the Kingswood Drive/College Road.
- Please arrive by 10.15am so that we can respect everyone's time and start our event sessions together. The door will be locked once events have begun.
- You will be contacted via email to confirm your mini massage option.
- Please send back a signed waiver form before the event.
- We are being warmly hosted by Paxton Pantry at Kingswood Arts, if you feel moved to make a donation to the Pantry pls use the QR code.
- We are First Aid trained, certified, insured and experienced in delivery of the sessions we run individually.
- Whatever is shared within the safe space of our Radiate Day Retreat remains within our trusted community.
- If you have any questions please email us, we look forward to retreating with you.

RADIATE TEAM



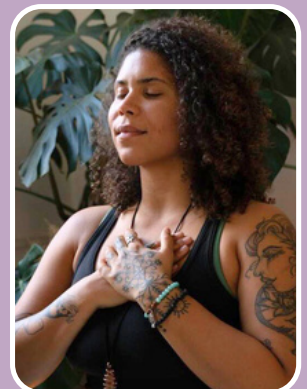
Host & Yoga Teacher
@akomaheartuk



Host & Art Facilitator
@fabiennekhial



Massage Therapist
@norma.miano



Sound Healer
@mindbodyshalo

RADIATE

A SUMMER SOLSTICE DAY RETREAT

BOOK NOW!
Limited number of places
helloakomaheart@gmail.com

**Pamper your body and your soul
Take care of yourself!**

Join and share the experience;



- Opening circle with journaling
- Surya (sun) Yoga Flow
- Refreshments
- Embodied Art Session

Delicious lunch

- Mindfulness Art Practice
- Mini Massage
- Soothing Sound Journey
- Closing Circle with journaling & goody bags

Price £125

To pay scan QR code & quote 'RADIATE'

All profits go to Paxton Pantry providing healthy food to the local community, offering dignity, hope and choice.



WEDNESDAY 21 JUNE 10.30AM-4PM

at Kingswood Arts, Seeley Drive SE21 8QN