



CLEARING SPACE AMIDST THE MIND CLUTTER:

ALLOWING IN THE NEW

JANUARY SPECIAL WITH SASCHA AKHTAR

Date: 20 January 2018

Time: 2:00-4:30 pm

Cost: £40

Place: The Letchworth Centre For Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth, Hertfordshire SG6 3NA, Tel: 01462 678804, classes@lethworthcentre.org

We live from year to year in cycles. The environment we live in perpetuates noise, speed, excess with an emphasis on constant and unrelenting movement.

By the end of the year, it seems to reach a fever pitch with the onset of the Holiday season. Everywhere you look, listen – messages of buy more, eat more, wear more, do more etc.

So, in the new space of the New Year, how do we cultivate our inner space clearing it out to allow stillness? How do we turn our hearing inwards? How do we work at neutrality, clearing out all that is no longer necessary?

Using a mixture of movement, breath and guided meditations we will keep only what is necessary for us to go forward, shedding negative energy accumulated. Intention and Mantra are very powerful tools which we will work with.

We will use this time with an attitude of a gift to ourselves from ourselves, approaching our inner space with kindness and above all compassion.

Sound is a major component of Sascha's teaching. She uses [indigenous, instruments handcrafted from seed pods, bamboo and cacti](#). See you there!

[Sascha Akhtar](#) has set up [Be meditation](#) – 'Be Here. Be Now. Be.' with a modern approach to teaching, suited to the needs of the day. She is a trained meditation therapy teacher having completed studies in Meditation, Stress Management, Applied Psychology & Eastern Philosophy with Alexander Filmer-Lorch [Inside Meditation](#) who she is eternally indebted to for his teaching.

