

Easing into Autumn

with Judy Hammond BEd ANATD MSTAT

Sunday 20 October 9.45 for 10.00-16.30



Make the most of autumn's creative energy with a rich mixture of slow movement, rest and simple dance sequences. In this joyous, confidence-building and empowering workshop, the body is worked holistically and old energy and emotions are released.

Cost: £65 including lunch and refreshments

**The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth,
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