



**HEART TWICKENHAM**



**CELEBRATE WITH US ★ WORLD PEACE DAY ★ OUR FIRST ANNIVERSARY**

**Sunday September 20<sup>th</sup> 67a Holly Road Twickenham TW1 4HF**

**10.30 – 11.30 Yoga for a Balanced Life with Marvin Reid**

A nurturing class that offers more helpful ways of moving and breathing so we can take what we learn on the mat and use it in our everyday lives. [info@yogawithmarvin.com](mailto:info@yogawithmarvin.com) 07976 472651

**12.00 – 1.00 Spiritual IQ with Sarah Lermit & Karen England**

Connect to your Spiritual Self, enhance your awareness and open up to your spiritual truths and intuition through guided imagery, meditations and exercises. [sarah@sarahlermit.org.uk](mailto:sarah@sarahlermit.org.uk) 07973 756006

**1.00 – 2.00 Join us for lunch – bring food to share, hot drinks provided**

**2.00 – 3.00 Life Masterclass Coaching with Monica Castanetto**

This friendly, interactive workshop will inspire you to move through your challenges and make a difference to your life using positive, practical approaches. [monica@livealifyoulove.co.uk](mailto:monica@livealifyoulove.co.uk) 07930 334 987

**3.30 – 4.30 Eye Heart Yoga with Nathalie**

A joyful, flowing practice to help you nurture acceptance and kindness towards yourself so you can bring these qualities into life as a whole. [nathalie@eyeheartyyoga.com](mailto:nathalie@eyeheartyyoga.com) 07854 455 397

**4.30 – 5.30 Time for Tea – join us for hot drinks and treats**

**5.30 – 6.30 - Centring in the Heart - Asana, Pranayama and Meditation with Erin Lewis**

Take time to coordinate movement with breath, connect with the inner wisdom of your yogic heart and discover how to truly experience the beauty of the present moment.

[erin@yogawitherin.co.uk](mailto:erin@yogawitherin.co.uk) 07970 792680

**7.00 onwards – Group Celebration with Chanting, Meditation, Visualisation and Cupcakes ☺**

[heart\\_twickenham@yahoo.co.uk](mailto:heart_twickenham@yahoo.co.uk)

**Throughout the day:** Photography exhibition with [www.amycooke.com](http://www.amycooke.com) with a raffle supporting [www.kiwokohospital.org/hospital](http://www.kiwokohospital.org/hospital)

**entry by donation - booking essential for all events - please contact as shown above**

**all proceeds to Off the Record Twickenham [www.otrtwickenham.com](http://www.otrtwickenham.com)**



**the place to connect to yourself and others**



**[www.heart-twickenham.co.uk](http://www.heart-twickenham.co.uk)**