

# Lotus & Rose Yoga Day



## *The Dance of Life!*

Sunday 19th November 2017

An uplifting day of gentle yoga practices, creative dance and chanting  
with Nina Dhiman & Julie Page

Proceeds will go to Opening Your Heart to Bhutan, UK registered  
charity set up by Emma Slade, Buddhist Nun:  
[www.openingyourhearttobhutan.com](http://www.openingyourhearttobhutan.com)

10am – 3.30pm at Highfield House Yoga Studio, Summer Hill, Harbledown,  
Canterbury, CT2 8NH. Cost: £30.

To book your place contact Nina on 07971090927  
[nina.uk@btinternet.com](mailto:nina.uk@btinternet.com)

Please bring a vegetarian lunch for sharing. Refreshments will be provided.