**SONG AND SILENCE**



**MINDFULNESS AND SINGING DAY WORKSHOP**

with LYNNE ROBERTS and ROZ WALKER

at

Flow Studio, off Barton Hill Road, Torquay, TQ2 8JJ

**SATURDAY OCTOBER 19TH 10-4pm**

Through guided meditations and vocal sessions, the present moment comes alive, giving us acccess to our innate peace and joy. This workshop is open to all, whether you are new or experienced in meditation or singing.

Mindfulness led by Lynne Roberts ([www.wellbeingthisway.co.uk](http://www.wellbeingthisway.co.uk))

Songs and vocal sessions led by Roz Walker([www.rozwalker.com](http://www.rozwalker.com))

Please bring a packed lunch- refreshments provided.

£40

**To find out more please visit the websites above**

to book please *email:* [rozwalker@hotmail.co.uk](mailto:rozwalker@hotmail.co.uk)

*or call* 07816936521 Booking essential. 

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