

AUTUMN EQUINOX

CREATIVE WORKSHOP

Equinoxes happen twice a year and are a time when the Night and Day are equal – a time of balance, but also of preparation.



THE MANDALA
YOGA & WELLBEING
18 DERBY STREET
PRESTON
PRI 1DT



Joanna Kosinska
Unsplash

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SEP 13:30-
15:30

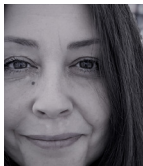
Join us for a creative and nourishing workshop to explore balance, the rhythms of nature and bringing nurture and wellbeing into our lives.

Minimum 8 places - Maximum 20. Tickets from £19.99 - £25.

EQUINOX

In this creative and experiential workshop, we will explore the themes of transition and how they can sometimes make us feel stuck in our lives. We'll be working with storytelling and images and exploring guided creative exercises that can begin to offer insight into where we can move forwards in our lives.

No experience necessary - just bring yourself and all materials will be provided!
See website for ticket info.



Equinox Psychotherapies offer individual, ethical psychotherapy and creative psychotherapy sessions for children, young people and adults, corporate training on trauma informed practice and personal resilience, and group workshops. Caroline is a qualified psychotherapist registered with and regulated by the HCPC, with 10+ years' experience working with therapy, wellness, trauma and neuroscience.



Johannes Plenio
Unsplash