

Winter Solstice Celebrations

Timetable

2.45 pm **Arrival and registration**

3.00pm **Intros**

Smudging & Clearing Aura Activity

Soul Retrieval Short Meditation

Solstice Meditation & Drum Healing

Celebration & Mantra

Short Break

Guided Meditation

Sound Healing

5:30pm **closing & breaking bread**

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