

## Seeking Soul Space

**A series of workshops at St Mary's Old Church  
(the little Tudor church on the edge of Clissold Park)  
offering you space to de-clutter and re-focus**

### **In Touch with the Spirit: an afternoon of Circle Dance**

**Sunday, October 22nd. Time: 3 - 4.30pm**

**Facilitator: Heather Williams**

Come and join in dances from around the world. Circle dance is a form of social dance that uses simple steps and sequences. The dancing is as a group, often holding hands; standing and moving in a circle. No knowledge of dance is needed; just a desire to experience the interconnectedness of movement and spirit.

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*Heather is a dancer (and scientist), who is keen to make the links between dance and spirituality. She leads the monthly 'Danced Liturgy' at St James's Piccadilly.*

### **Feeding the Soul: De-tox**

**Sunday, November 19th. Time: 3 - 4.30pm**

**Facilitator: Liz Watson**

Participate in time-honoured practices for clearing inner space: set menu and a la carte. Draw together for the set menu of chants, sacred scripture, meditations and silence. Or spend time independently at different soul spaces around the church. Or move between the two. Visit anytime between 3 - 4.30pm (with 'set menu' on offer 3.15 - 4pm)

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*Liz is a member of St Mary's church, an experienced spiritual director and teacher of meditation in The World Community for Christian Meditation.*

### **Settling Mind and Body: Yoga**

**Sunday, January 21st. Time: 3 - 4.30pm**

**Facilitator: Lucy Barnes**

The physical practice of yoga was developed as a means of finding ease in the body, and of settling the mind. In this workshop we will learn a simple sequence of yoga poses to notice and let go of excess tension and to help find our own quiet centre. We will end with relaxation and an introduction to silent meditation. There is no limit to age or ability at this workshop as the yoga adapts to you.

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*Lucy was a professional dancer for many years and has been teaching yoga since 2006; she is British Wheel of Yoga accredited. She works for the London Yoga Teacher Training Group and 'Calm for Kids'.*

## **Clearing the Clutter**

**Sunday, February 25th: Time: 3 - 4.30pm**

**Facilitator: Sherry White**

Mind clutter, space clutter- where does one end? Where does the other start?  
Come and explore these questions for yourself using a tried and simple technique.

Emotional Freedom Techniques, popularly known as tapping, are accessible to almost anyone. Through this practice you can gain greater insight into your personal 'clutter' and get a sense of what really matters to you.

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*Sherry is a retired homeopath, and a qualified EFT practitioner with a special interest in clutter clearing. She has experience running group sessions on this challenging subject.*

***All the above are free but a donation to cover expenses  
would be appreciated.***

**St Mary's**  
STOKE NEWINGTON

[www.stmaryn16.org](http://www.stmaryn16.org)