

Music & Meditation

with Emma

10th March 2020

11am to 12:15

Guided by:

Emma Woodhall

*Centralia Mastership in Reflexology – Level 5, MAR, BA
French and Spanish, PGCE Primary with Modern
Foreign Languages, Grade 8 Clarinet Trinity*

Music:

**My instruments are my
voice and my harmonium.**

Meditation:

**I will guide you with
Mindfulness as a theme.**

You:

**Your participation will make
all the difference.**



Macclesfield
Cancer Help
Centre



OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting them; we recognise that they too may need support.

BOOK YOUR PLACE

Tel. No.: 07981 899526

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