



# Healing Circles in Nature

with Lesley & Katie

Join for a workshop inspired by the healing sand paintings used by Navajo Indians. In this tradition, designs are carefully laid out on the ground before a sandpainting ceremony takes place. They serve as part of Navajo healing rituals.

Do you feel joy in nature?

Would you like to work creatively with a worry or challenge that you may have? Create the worry or challenge in a circle with foraged flowers, leaves and herbs.

Let the elements transform them over lunch, then recreate the circle to resolve.

**Lesley** has been facilitating workshops and circles for over 20 years. **Katie** is skilled in the healing power of herbs.

**Saturday 12<sup>th</sup> July 10:00 - 15:00**

**£55** to include tutors, nourishing local lunch, refreshments & materials.

Please wear comfortable clothing for indoor and outdoor activities.

Creative Beings, The Old Rectory Studio,  
Awliscombe, Devon, EX14 3PJ

Book at: [www.creativebeings.uk/events](http://www.creativebeings.uk/events)



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