

# Deep & Delicious

*A 5 Rhythms afternoon & evening for women*

With Julie Deal and Deborah Jay-Lewin

**Saturday 27th November**

**2-6pm Cluny Hill College, Forres**

**6.30pm Dinner and Sauna, Findhorn Village**

*D*eborah and Julie will guide you deep into the dance, to a place where we can all welcome and allow our essential femininity to unfold. A safe space to experiment with different parts of you – tender, wild, raw, sexy, passionate and gorgeous...

Embrace and celebrate the mirror of each woman in our circle. Every woman is welcome. Bring your shyness, curiosity, willingness to be the woman that you are and love of the dance.

Join us in the evening for sauna, delicious catered food and the wonderful company of women, to enjoy, chill out and integrate the afternoon session.

PRESENTED BY  
**BODYSURF  
SCOTLAND**

Afternoon workshop only: **£25** Whole day, including catered dinner and sauna: **£40**

Booking & further info: +44 (0)1309 691661 admin@bodysurfscotland.co.uk www.bodysurfscotland.co.uk