

FINDHORN  
FOUNDATION

VITAL MOVES WORKSHOP  
OPEN SESSION

*5 Rhythms Wave*®

with Deborah Jay-Lewin & Bettina Jespersen



**Wednesday, 20 August 2008, 7.45–9.45pm**  
**Universal Hall Auditorium**

**Fundraising for new equipment for the Village Green**  
suggested minimum contribution: £5

for more information call Deborah on 07968-145428  
or visit **[www.vitalmoves.co.uk](http://www.vitalmoves.co.uk)**