

CALM COLLECTIVE  
**HEALING DAY**  
**SPRING CELEBRATION**

**Saturday 21<sup>st</sup> March 2009**  
**1-7pm**

**The Old Police Station Lark Lane L17**  
**£2 Waged £1 Concessions Children FREE**

**PROGRAMME**

**MAIN HALL**

1.00 - 2.00 pm **MUSIC**  
2.00 - 3.00 pm **TAI CHI DEMONSTRATION / WORKSHOP**  
3.30 - 4.00 pm **ACCORDIAN & VOICE** with Helen Maher  
4.00 - 4.30 pm **MANDOLIN & CLARINET** with Martin & Cathy  
4.30 - 5.00 pm **GUITAR & VOICE** with Joolz Kalika  
5.00 - 5.30 pm **CHILDREN'S PERFORMANCE**  
5.30 - 6.00 pm **DRUM WORKSHOP & PERFORMANCE** with Lark Lane Drummers  
6.00 - 7.00 pm **MUSIC**

**ALL DAY:**

**VEGGIE & VEGAN CAFÉ** -delicious vegetarian / vegan snacks & meals with a range of hot & cold drinks.

**VARIOUS STALLS** – gifts, cakes, crystals, quality oils, incense tarot, charity bric-a-brac and much more.

**THE GYM** (Art & Children's Area)

1.00 - 5.00 pm **ART ACTIVITIES, DRESSING UP & PLAY**  
2.00 - 3.00 pm **ORIGAMI WORKSHOP**  
3.30 - 4.30 pm **WORKSHOP TBC**

**THE THERAPY ROOM** (Half hour treatments £10 / £7.50 cons)

1.00 - 7.00 pm	<b>REFLEXOLOGY</b>	<b>SHIATSU</b>
	<b>AROMATHERAPY</b>	<b>VORTEX HEALING</b>
	<b>RECONNECTIVE HEALING</b>	<b>HOPI EAR CANDLES</b>
	<b>INDIAN HEAD MASSAGE</b>	<b>REIKI</b>
	<b>MASSAGE</b>	<b>CRYSTAL THERAPY</b>
	<b>SOUND THERAPY</b>	<b>ALEXANDER TECHNIQUE</b>

**THE WORKSHOP ROOM** (out the main door, last door on the right, upstairs)

All workshops £2.50

3.00 - 4.00 pm **MEDITATION** with Elaine  
4.00 - 5.00 pm **TASTER into SOUND** with Louise & Shirley  
5.00 - 6.00 pm **IYENGAR YOGA** with Dale  
6.00 - 7.00 pm **CHAKRA WORKSHOP** with Star