



WISDOM OF THE HEART

A series of stand-alone events exploring different ways of understanding, enhancing and enjoying the centre of our being.

3rd event: - The Wheel of Life

⊕ The Wheel of Life, a circle and cross, has been used as a symbol of 'Sacred Space' in many religions, and is a multi-layered 'teacher' of their underlying Wisdom. We will be exploring and experiencing some of these teachings as we co-create a mandala for meditation and prayer, and learn how it can be used in daily life.

Join me, Jane Withers, at The Old Chapel Centre,
Alfriston, on Sunday, 23rd September, 2018,

from: 2 - 4.30 pm

Cost: £15 including refreshments... and homemade cake!

To book a place, phone me on **01323 871054**,

and for more information, see: <https://www.zoence.co.uk>.

Thank you to Mary for delicious G-F cakes from <http://chestnutsalfriston.co.uk>