

The Fintry Trust

Paneurhythmy

a living circle of Beauty, Harmony and Unity with Nature

Friday 30th July 2021

11.00 – 12.00 BST



Paneurhythmy is a joyful, meditational exercise-dance originating in the Rila Mountains of Bulgaria. It arose from the work of the great spiritual teacher Beinsa Douno.

The word *paneurhythmy* means ‘Supreme Cosmic Rhythm’. It is a profound way to connect to Nature and to harmonise and balance our more subtle nature within.

Our speaker Sarah Dawkins will explore and expand on these themes in her talk on paneurhythmy as a living circle of Beauty, Harmony and Unity with Nature.

Sarah Dawkins studied Chemistry at Edinburgh University, where her interest in how matter interacts was piqued. For Sarah this extended into the inner worlds through learning meditation and healing with the White Eagle Lodge.

Sarah organises, teaches and leads workshops and pilgrimages internationally. Together with her husband, Peter, Sarah has been exploring the concepts of pilgrimage and our relationship with Nature for over forty years, bringing these two worlds together. But she has a special interest in Paneurhythmy.



Tickets: £10 for an invitation on Zoom

Book online on the Fintry Trust website: <https://thefintrytrust.org.uk>

www.thefintrytrust.org.uk