

HARi Community

Monthly Women's Group

Join me for a relaxed and informal women's group with a creative twist. Sitting in circle, this will be a place for us to share openly whatever we feel called to share (or not - your silence is also welcome), to hold and be held in community, and to feel into our connection with both ourselves and other women.

Some time will be spent with tarot/Oracle cards, as well as in meditation.

A creative activity will provide a loose structure to the evening and a sensory focal point - allowing thoughts and feelings to arise with ease. This month we will use air drying clay to create candle holders.

*£20pp.
Please call the
Centre of
Complementary
Medicine to book
and pay.*



*Saturday 7th Feb
2026
(first Sat of every
month)*

7-9pm

Herbal teas will be offered and all materials provided.

Please bring a container to transport your holder home, a blanket/cushion if desired, and wear something comfy and cozy.