

Shamanic Drum Journey

With Alexander Honeymann

Lie down and be bathed in the sounds of Shamanic Drum, Rattle and Voice of Alexander Honeymann.

The sounds will take you on a journey deep inside yourself where you will find answers, insight and empowerment, as well as healing and clearing of issues and disharmony on any level. The sounds will enter deeply into the body bringing relaxation, rejuvenation and healing for body, mind and spirit.

- **Sunday July 31st, Sitaram Yoga Studio, 16.00–18.00**
- **Suggested donation £5–10**
- For more details contact Alexander on 07407420964 or alexanderhoneymann@gmail.com
- Please bring something to lie on and a blanket to keep warm.

