

***Inner Dance Meditation for Parents and Children with ASD***

16th September 2017, 28th October 2017, 25th November 2017

6pm – 7.30pm

***£10 per adult and child Introductory offer***

***£5 per additional child***

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***For parents and children with ASD from7 years***

***A workshop specifically designed for you to attend with your child***

***A shorter Inner Dance session to allow your child to be themselves in a safe space where there is no judgement and no rules! A personal journey with music and guided meditation***

***Lots of sensory things – Music, massage if liked (not compulsory if not liked) and healing for you both in this special workshop***

***Doors will be open and you are free to leave whenever you need to***

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