

HEAR TOUCH TASTE SEE LIVE



NOW DAY



reg charity: 313115

practical classes and seminars devoted to
discovering the power of now

Sunday 19th February 9.30am to 4.30pm

Free for those attending courses. Guests £15

11 MANDEVILLE PLACE LONDON W1U 3AJ

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William Wray - Course Tutor assisted by Sara Bosworth - stunt pilot
David Ward pianist and choir master - singing
Mary Cook - artist - painting
Robin Mukherjee - television and film writer - creative writing
Pauline Allen Tai Chi teacher - Tai Chi movement
Yvonne Fletcher - artist - painting
Barrington Barber artist - drawing
Hannah Chidlow - dancer - sacred dance
Alan Young - graphic designer and calligrapher - Sanskrit Calligraphy
Chloe Leaper - sculptress - sculpture

The Now Day will be devoted the simple act of being alive to the moment now. With the aid of a range of classes all conducted by people who are experts in their fields you will be given every opportunity to be in touch with your senses and taste life as it happens.

After an introduction by William and David, assisted by Sarah, a stunt pilot - who better qualified to speak of living in the moment - you'll be invited to choose which classes to attend.

The day will end with a review of what you've discovered in experience about the power of now.

PROGRAMME

9.30 Refreshments sign up for classes
10.00 Introduction - Maclaren Hall
10.40 Sign up for classes
10.50 Session One - breakout rooms
11.50 Refreshments - Refectory
12.10 Session Two - breakout rooms
13.10 Lunch - local restaurants
14.20 Session Three - breakout rooms
15.20 Refreshments
15.40 Full meeting - Maclaren Hall
16.30 Day ends

