



## EASTBOURNE FESTIVAL 2009

### What's on at the Yoga-Life Studio?

The Yoga-Life Studio is once again proud to be part of Eastbourne Festival. We invite you to join us during the first weekend in December for a variety of exciting activities and events.

#### Friday 4<sup>th</sup> December

**7.00pm ~ 9.30 pm**

Opening party, a free evening of wine, nibbles and entertainment.

Professional storyteller Elizabeth Scott will regale us with a winter's tale.



Jeanette Tuppen, well know poet, shaman & artist will perform a selection of her poetry.

There will also be artwork by Suesie Smith and craft tables with an array of beautiful, hand crafted gift wares by Suesie and her guest crafters Tania Long & Susie Gates.

#### Saturday 5<sup>th</sup> December

**10.30am ~ 11.30am** Children's craft session 1 - Make an advent garden (with Vanessa)

**11.30am ~ 12.00pm** Free children's yoga (with Wenche)

**12.00pm ~ 1.00pm** Children's craft session 2 - Christmas candles (with Vanessa)



#### Plus in the studio all day:

Artwork on display and gorgeous handmade gifts and yoga products for sale

Raw chocolate tasting, delicious handmade chocolate to taste and to buy

Jeanette Tuppen will be signing copies of her book "Poetry for the Awakening Soul"



**6.30pm ~ 8.00pm**



Free drumming circle by Tony Puleston, African drum teacher at The Yoga Life Studio. Drums and percussion will be provided and no experience is necessary. Please come along and make some noise to usher in the season of goodwill and to share in the experience of making music.

For further information about any of the events or activities taking place email [info@yoga-life.co.uk](mailto:info@yoga-life.co.uk) or call 07812 052742