

Celebration of Lughnasa

The last festival of the Celtic year, marks the end of the period of summer growth and the beginning of the autumn harvest.

Lughnasa was celebrated to guarantee peace and an abundance of food for the winter.

Please join Denise Aubin and Nancy Binzen for a Celebration of Lughnasa on

Sunday, August 1st at
Corte Madera Park
Tamalpais Drive, Corte Madera
(Please call for exact location within the park)
4:00- 7:00 pm
Cost \$ 20.00 (Paid in advance by July 28th)
(\$25.00 after July 28th)

We will begin our celebration with Qigong, a moving meditation aligning with earth and sky preparing our body, mind and spirits to enter into ritual space.

For our Lughnasa ritual, we will be working with the Nature Spirits; without them there would be no harvest. We'll begin by honoring the Spirits and asking for their help. Then, we'll dialogue with them through divination to gain greater clarity on the gifts each of us is harvesting to "feed the people." We'll end with a time of gratitude and quiet reflection for this abundance in our lives.

Please bring:

- A journal and pen
- A back jack/beach chair/towel for sitting on the grass.
- Finger foods to share.

For directions and to reserve your space, please contact Denise Aubin at (415) 460-5138 or email denise@danceofqigong.com

Please visit: www.danceofqigong.com for more information on classes and events