

Autumn Exquinox 108 Salutations

To raise funds for a local family

Sunday September 23rd, 8.30-9.30am



After a long hot summer, it's nice to acknowledge the coming of Autumn, it's time to get cosy before the winter.

This is a pay by donation class to help raise money for a local family. Please see the link for details.

108 salutation is a lot! People are welcome to join in and do however many they can manage. Students are welcome to come and practice over the month of September during self practice to prepare and are encouraged to ask friends and family to support them by collecting sponsors. Please pay all pledges directly to the fund below.

[Helping Kelly back to Health](#)

For more info or to book your place:

Please email
sammyclair@hotmail.co.uk

