

CHRISTMAS SELF-CARE SPARKLES AND STOMP FOR CHILDREN AND FAMILIES

AT THORNCOMBE WOODS on Monday 23rd December 10am

run by Emma Pritchard (Sparkles) an Integrative therapist

Emma's morning will suit any families who have had a tough time throughout 2019 and would like to end the year with sparkles. The first part of the morning will be creating sparkly gifts for ourselves and or our loved ones past and present, and the second part will be an hour's stomp in the magical Thorncombe Woods to stomp off some pre Christmas energy.

Emma runs both sparkles workshops in local schools and monthly stomps in the woods, so this will be a combination of both. Please contact Emma on her facebook page if you would like to join her for some Christmas sparkles. Places are limited.

Search Facebook for @selfcaresparkle to find my page