



THE PLAYFUL ART OF STILLNESS

**If your mind feels busy or overloaded,
this is your invitation to rediscover joy.**

A live taster workshop exploring stillness through music, movement, visualisation, and gentle inner reflection.

**SAT 28
MARCH**

2026

**6:15 PM
8:15 PM**

DOORS 6:10 PM

**SALISBURY
CENTRE**

EDINBURGH, EH16 5AB

BOOK ONLINE:
dub.sh/tpaostillness

LIMITED SPACES

Small group, intimate & wholesome