

# Dorset Earth Mysteries Group



## Let There be Light

Alison Todd

Kinesiologist and Wellbeing Coach Alison returns to us, this time to talk about Light and How we are affected by the natural rhythms of light during the day, month and seasonal cycles. Alison will guide us through some simple steps and techniques to enhance our cells light holding capacity and therefore increase our feelings of health and wellbeing.

**Thursday December 5th 2024**  
**Stapehill Village Hall - Wimborne**

**7:15 p.m.**

**ENTRANCE: £5.00**

**[www.dorsetmysteries.org](http://www.dorsetmysteries.org)**

