

# *You are warmly invited to come along to a 2019 Abhinaya session*



ABHINAYA is a traditional form of Indian Dance which provides an opportunity to experience the joy of movement arising from inner stillness.

The Abhinaya group meets on four Saturday afternoons each term, usually at the Croydon Branch building and sometimes at Mandeville Place.

## **Dates, times and venues for this term are as follows**

Croydon Branch	26th Jan. 2.0pm – 5.0pm
Croydon Branch	23rd Feb. 2.0pm – 5.0pm
Mandeville Place	16th Mar. 2.0pm – 4.30pm
Croydon Branch	23rd Mar. 2.0pm – 5.0pm



## **Address of Croydon Branch**

13 Addiscombe Grove, East Croydon CRO 5LR  
The Branch building is just 3 mins. walk from East Croydon station. regular trains from Victoria and London Bridge (approx. 20 minutes journey time). Fast trains from Clapham Junction about 10 mins.

## **Newcomers would be most welcome. No previous experience is necessary.**

If you would like to join us or would like to find out more about the delights of Abhinaya, please call Sue Skelcey on 01323 871944 or email:

[suesk@phonecoop.coop](mailto:suesk@phonecoop.coop)

or email SueSimpkin:

[susan@grahamsimpkinplanning.co.uk](mailto:susan@grahamsimpkinplanning.co.uk)

*“At the end of every session there  
is a real feeling of being refreshed,  
uplifted and rejuvenated.”*

