

Move Through This Summer Series

Every Tuesday

09:30 - 10:30

[Book now](#)

Throughout July & August

Sound baths • Yoga • Breathwork • Dance • Movement

Free wellbeing sessions to help you pause, regulate and reconnect.

Only 8 spaces per session. Please only book if you can attend.

Party in the Park!

Monday 10 August

12:00 - 16:00

[Join the Whatsapp
Group!](#)

Be More Dandelion is Turning Two!

This summer, **Be More Dandelion turns two!** 🎉

None of this would have been possible without every person who has attended a session, shared a post, referred a friend, volunteered, donated or simply believed in what we're building.

I'd love to celebrate together with a relaxed picnic in the park during the holidays. Bring the children, bring a blanket and come and spend some time with our wonderful community. More details coming soon. Join WhatsApp Group to be kept in the loop!