



LIGHT HOUSE
centre for study of mind & arts as therapy



TARALOKA

Arts and Healing festival

OCTOBER FEST

CELEBRATING MENTAL HEALTH AWARENESS



TARALOKA

LIGHT HOUSE
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LIGHT TALKS



Meraki

Workshops for adults and kids

Oracle
Card
Reading



Healing
Circles

TALKS

WORKSHOPS

ORACLE
CARD
READINGS

HEALING
CIRCLES



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LIGHT TALKS

@ 9:00 PM

GOOD GRIEF - 9TH OCTOBER 2020

PERCEPTION IS EVERYTHING - 16TH OCTOBER 2020

PAUSE - TOOLS TO THRIVE - 23RD OCTOBER 2020

BE YOUR OWN GURU - 30TH OCTOBER 2020



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Meraki

Workshops for adults and kids

SATURDAYS @ 5:30 PM

- KAHANIYA + (POSTER MAKING COMPETITION)
- BOOGIE WOOGIE + (DANCE COMPETITION)
- KHUD KI TALAASH - KNOW YOURSELF AND EMOTIONS + (POETRY COMPETITION)
- LITTLE WARRIORS + (DRESS UP COMPETITION)

SUNDAYS @ 11:00 AM

- EAT YOUR COLOURS + (COOKING COMPETITION)
- UNTANGLE KNOTS - EMOTIONAL FIRST AID + (POSTER MAKING COMPETITION)
- BREAKING PATTERNS + (POETRY COMPETITION)
- DAILY HEALING PRACTICES + (DANCE COMPETITION)



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TWO TO TANGO

SUNDAYS @ 4:00 PM



SMALL
GREEN STEPS



el Peaceful" Man
IAM PEACEFUL
MANDALA



HEALING
ROCKS



WEAVING
BANDS



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SATURDAYS @ 7:00 PM

GRATITUDE CIRCLE
FORGIVENESS CIRCLE
INNER CHILD HEALING CIRCLE
HEALING STORY CIRCLE



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TARALOKA

Oracle Card Reading

SUNDAYS 5:00 PM - 7:00 PM



PSYCHIC READING
TAROT CARD READING
ANGEL CARD READING
CRYSTAL GUIDANCE





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REGISTER NOW!



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WhatsApp



www.lighthouseartsandwellbeing.com