

Shanti-Chi newsletter

inspire visions with the oral traditions



HAPPY NEW YEAR and **Divine Prosperity** as we walk guided by our spirit in **2017**.

Shanti-Chi will continue to be the number one Afrakan storytelling company in Europe recognised for their work in the community. This newsletter will be full of titbits about storytelling, the oral traditions, and the benefits of outdoor lifestyle, focusing on the activities we at Shanti-Chi run. Activities which include storytelling, the *Nne Agwu Afrakan Storytelling Festival*, *The feminine rise retreat*, *the Griot way storytelling training*, and our monthly *Free Spirit night rambles*. See you next month with more news and views.

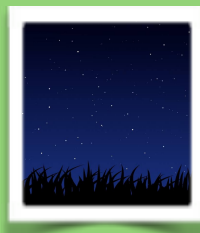
NIGHT WALK

A night time walk in the natural environment can awaken the senses bringing you alive in a whole new way.

We typically rely on our sense of sight more than any other sense to interpret the world we live in. How powerful to put away our reliance of sight and allow our other senses to take centre stage and experience the world from a different perspective.

Suddenly smell, sound, touch and the taste that lingers in the air become all important to how we navigate ourselves.

Let me be clear, our eye sight is still very necessary and the muscles that rest most of the time because of the abundance of light available during the day or the saturation of electric light means those muscles at night come out to play, they dance and stretch and jump and skip.



One of the most amazing things about human vision is the incredible range it has. We can see in very bright sunlight, and we can also see in nearly total darkness.

While the hustle and bustle of human activity has quieted down, the creatures of the night are just getting started and they have their own compositions for those who are blessed enough to listen.

Can you hear the unique orchestrated sounds of the night. The instruments come in the form of frogs peeping, bats on the wing, owls tooting, the wind whistling through the leaves, birds scratching in the undergrowth, your breath bouncing on the air and the footsteps of time carrying us along the path of natures journey.

NEXT NIGHT WALKS

Join the Free Spirit rambles next night walk, on Friday 13th January 2017, meeting 6.30pm prompt outside Lewisham Police Station. If you are driving please contact us directly for directions. The walks last about 90 minutes to 2 hours. £10 adults. The walk will also consist of gentle warm ups, silent walking meditation, tree hugging and affirmation making.

WALKS are led by Griot Chinyere an experienced expedition leader.

OTHER DATES

Friday 10th February 2017
meeting at 7pm

Friday 10th March 2017 meeting
at 7.30pm

Tuesday 11th April 2017
meeting at 8pm

Friday 5th May 2017 meeting at
8.30pm

www.shanti-chi.com