

# Cambridge Cancer Help Centre NEW RELAXATION CLASS



**FIRST TASTER SESSION**  
**MONDAY 30 JANUARY 2017**  
**3.15 pm-4.00 pm**

Would you like to come and enjoy some 'ME TIME' relaxing to quiet music and learn to breathe slowly and stretch out your body comfortably?

For further information please contact Ms Sue Pocock via email [chestertonballetschool@hotmail.com](mailto:chestertonballetschool@hotmail.com) or call into the Centre on a Wednesday between 11 am – 1 pm and have a chat with her about the relaxation class.



As the sleepy sun lifts it's head  
From under the Eastern blanket it's shades blue bed,  
He is met by the first beats of music  
As mysterious as time itself.

The tempo is fast and it captures  
All the children of the world  
Whether they be Indian or German, American or Russian  
In it's song and peace  
They dance in their own fashion of their heritage.

It is the dance not the music  
That brings the adult world to it's knees  
When children of enemies dance together  
To remain in peace forever.