



Neeta Madahar, yoga teacher and Death Café host*

Local yoga teacher to host Newbury's first Death Café

- Saturday March 23, 2-4pm, Hamstead Marshall Village Hall

Neeta Madahar, a well-known local yoga teacher, will be co-hosting Newbury's first Death Café on Saturday March 23rd in the Village Hall, Hamstead Marshall. The objective of a Death Cafe is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. The 2-hour informal gathering, for which there is no fee, will allow people to gather, eat cake, drink tea and discuss death under Neeta's guidance.

"Death is something that none of us can escape but which is rarely talked about openly and honestly. Recently, through both my teaching and personal experiences, I have become more aware of the taboo that surrounds discussing death. As more people die in care homes, hospices and hospitals rather than in their own homes and communities it has become increasingly detached from our day to day lives;" explained Neeta. The Death Café is not a bereavement or counselling group but an opportunity for open and honest discussion and questions about death and dying.

Neeta will be joined by Celia Spiers, an experienced Death Café facilitator who has been running Death Cafés in Leamington Spa since 2017. There are also established Death Cafes in Bristol, Oxford and Swindon and you can find out more at <https://deathcafe.com/> To book a place on the inaugural Newbury Death Café please visit <https://deathcafe.com/deathcafe/7859/> A second Death Café has now been booked at the same venue to take place on Sunday April 28th, between 2-4pm.

In addition to her yoga teaching and work with Death Café, Neeta is also a qualified Soul Midwife. Soul Midwives are non-medical, holistic companions who guide and support the dying to facilitate a gentle and tranquil death. Their most important role is

to provide comfort, continuous support and reassurance in helping a dying person to experience the death he or she wants. To contact Neeta about yoga, soul midwifery or the Death Café please go to www.neetamadahar-yoga.com

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* High res jpeg available on request

For yoga, Death Café and Soul Midwifery enquiries please contact

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