



Neeta Madahar

Overwhelming response to first two Death Cafés

- **Next event June 15th**
- **More planned for the autumn**

Following the overwhelming success of her first two Death Cafés, Neeta Madahar will be co-hosting a third event on Saturday June 15th from 2-4pm in Hamstead Marshall Village Hall. 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. Booking is essential as places are limited.

Ben attended one of Neeta's earlier events and this is what she said; "I went to the death cafe out of curiosity never having been to one before. It was a super interesting experience. Conversation was open and lively with plenty of laughter, some sadness and absolutely no pressure to talk unless we wanted to. What I didn't expect was getting a light bulb moment on my own feelings about death! It was a genuinely uplifting afternoon and highly recommended. I'll definitely be going again."

To reserve a place on June 15th please visit <https://deathcafe.com/deathcafe/7859/>

In addition to her yoga and meditation 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 jpegs available on request

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AC/NM02