



# Women's Clothes Optional Body Positive Activity Day

Saturday 22<sup>nd</sup> September 2018

12 noon-5pm

- ❖ Yoga
- ❖ Life Drawing
- ❖ Open Folk Session
- ❖ Discussion Groups
- ❖ Presentation/ Talk
- ❖ Naturist Information
- ❖ Crafts
- ❖ Quiz
- ❖ Social Space
- ❖ Lunch, drinks and refreshments



**5 minutes walk from Waterloo station, London**  
**Only £20- All activities, lunch and refreshments included**  
Do as much or as little as you wish  
All women are welcome- especially if this is your first time  
Come on your own or with friends

**For more information and tickets:**  
[www.bn.org.uk/activities/bigdaysout](http://www.bn.org.uk/activities/bigdaysout)  
[naturistwoman@gmail.com](mailto:naturistwoman@gmail.com)