

# WELLBEING



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## WEEKLY CLASSES

*YOGA NIDRA* MONDAY 09.30-11.00

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*YOGA HATHA* TUESDAY 09.30-11.00

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*YOGA BIHAR* WEDNESDAY 09.30-11.00

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*YOGA BRITISH WHEEL* FRIDAY 09.30-11.00 (Last session before summer break 19<sup>th</sup> July, sessions start again 6<sup>th</sup> September)

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*YOGA ASHTANGA* SATURDAY 09.00-10.30

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*TAI CHI* TUESDAY / WEDNESDAY / FRIDAY 11.30-12.30 (Wednesday's sessions are for beginners)

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*QIGONG* TUESDAY / THURSDAY 13.00-14.00

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## THERAPIES

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*NATUROPATHIC MEDICINE* APPOINTMENTS: ROBERTA - 07749 230563

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*REFLEXOLOGY* APPOINTMENTS: ANNA - 07787 523656

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*REIKI* APPOINTMENTS: DANA - 07879 021521

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*EMOTIONAL FREEDOM TECHNIQUES* APPOINTMENTS: DAWN - 07435 564542

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*NATURAL PAIN RELIEF* APPOINTMENTS: KIM - 07956 424680

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*COUNSELLING* APPOINTMENTS: KAREN - 07989 814250

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