

WORKSHOP TIMETABLE

Workshop & Courses	Times	Date	
Meditation & Mindfulness Course	6.30 - 7.45pm	30 August - 27 September 2017	
Womens Wellness Workshop	9.30am - 3.30pm	29 October 2017	
Restorative Meditation & Yoga Nidra	6.30 - 7.45pm 1st FRIDAY OF EACH MONTH	4 August 2017 8 September 2017 6 October 2017 3 November 2017 1 December 2017	