



# The Wellness Area



## Saturday 11th June

	Sessions	Drop ins
10:00-10:20	Circle time	Arts & Crafts
10:30-10:50	Meditation	
11:00-11:20	Dynamic Movement	
11:30-11:50	Hypnotherapy	
12:00-12:20	Your tree, Your wellbeing	
12:30-12:50	Self-help talk	
13:00-13:20	Hula	Self-help advice
13:30-13:50	Circuits	
14:00-14:20		
14:30-14:50	Stretch	
15:00-15:20	Hula	1-1 guided self-exploration therapy
15:30-15:50	Dynamic Movement	
16:00-16:20	Stretch	
16:30-16:50	Pilates	
17:00-17:20		
17:30-17:50	HIIT	Tarot
18:00-18:20		
18:30-18:50		
19:00-19:20	Hatha Yoga	Arts & Crafts
19:30-19:50	Hypnotherapy	
20:00-20:20	Your tree, Your wellbeing	
20:30-20:50	Zumba	
21:00-21:20		
21:30-21:50	Meditation	