



# *The Wellness Area*



## **Sunday 12th June**

	Group Sessions	Drop ins
10:00-10:20	Pilates	Self-help advice
10:30-10:50	BSL	
11:00-11:20	Hypnotherapy	
11:30-11:50		
12:00-12:20	Hula	Tarot
12:30-12:50	BSL	
10:30-10:50	Your tree, your wellbeing	
13:30-13:50	Hatha Yoga	Guided self exploration
14:00-14:20		
14:30-14:50	Hula	