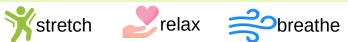
Wellbeing Sessions



















March - New Beginnings

6th March

13th March

20th March



Gentle movements to release tension



Relaxation inviting fresh energy



4 part breath (balance) Spring Equinox

April - Setting New Goals

10th April



24th April



Gentle movements to release tension



Deep relaxation of body & mind



Mountain Top Bridge Meditation

May - Happiness and Contentment



1st May

8th May

15th May

22nd May



Gentle movements to release tension



Deep relaxation, settling into heart



4 part breath - focus on the still points



Inner Smile Meditation - self love





