**Free taster week calendar.**

This will be available on the wall for people to see, you will each have a copy too.

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|  | **Monday 29th April** | | **Tuesday 30th April** | | **Wednesday 1st May** | | **Thursday 2nd** | | **Friday 3rd** | | **Saturday 4th** | |
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| **9.00-10.00** | Chakra cleansing Inga | |  | |  | |  | |  | |  | |
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| **10.30-11.30** |  | | Quantum parenting with Julie | |  | | Mindfulness Emma | | Yin yoga with Lucy | |  | |  |
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| **12:00 - 13:00** |  | | Meditation  with Julie | |  | | Mindfulness with Emma | |  | | Teenage exam inga | |  |
|  |
| **13:30 - 14:30** | Qi Gong with Caroline | |  | | Womb Healing with Inga | |  | | voice circle inga | | Mindful Movement  with Mimi | |  |
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| **15:00 - 16:00** |  | |  | | Shamanic healing Inga | | Qigong Caroline | |  | | Sound Bath  with Inga | |  |
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| **16:10 - 17:10** |  | |  | |  | | Men's yoga Tim | | Hypnotherapy Joney | |  | |  |
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| **17.30 - 18.30** |  | |  | |  | |  | |  | |  | |  |
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| **19:00 - 20:00** | TR  with Jesse | | Patterns with Hannah | | Mindful Movement  with Mimi | | Patterns with Hannah | |  | |  | |  |
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| **20:00 - 21:00** |  | |  | |  | |  | |  | |  |
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