**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 |  | Mindfulnesswith Emma |  | Teenage exam inga |  |
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| **13:30 - 14:30** | Qi Gongwith Caroline |  | Womb Healingwith 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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