



WINTER WELL BEING PROGRAMME OCTOBER 2020

A programme of **free** classes and activities starting **12th October** at St Mary's Church, Chapel Street, Penzance TR18 4AP. Bookings must be made in advance by phoning or texting **07795 936257**. All Covid procedures will be followed. Classes are taken at your own risk. The group leaders are offering their experience and are not registered instructors.

Refreshments will be served café style at tables. A voluntary donation is welcome, preferably by card.

MONDAYS	11.15	Yoga and soup lunch
TUESDAYS	2.30	Play/poetry reading Refreshments
WEDNESDAYS	10.30	Stress Management Soup lunch
FRIDAYS	10:30	Relaxation and meditation
	11:00	Use of laptops Refreshments
SATURDAYS	2.00	Board games Refreshments