

WEEKLY PROGRAM

THE WELLBEING PLACE

MONDAY	Tai Chi (drop in) 9:00AM \$5	Toddler Time 10:30AM FREE	African Drumming 6:30PM From \$12
TUESDAY	Reclaim the Void Weaving 5:30PM \$20 one visit - \$2 ongoing		Hatha Yoga 6.00PM \$10
WEDNESDAY	Tai Chi (advanced) 10:00AM \$5	Group Art Therapy 12.30PM FREE	Yin Yoga 5:30PM FREE
			Meditation course 7:00PM FREE
THURSDAY	Yin Yoga 9:30AM \$10	Hatha Yoga 6:00PM \$10	
FRIDAY	The Workshop 9:30AM	FREE	
SATURDAY	Tai Chi (advanced) 9:00AM & 10:15AM	\$5	
SUNDAY	Tai Chi (beginner) 10:00AM	\$5	

