

WELLBEING SESSIONS

A series of free to access Wellbeing Sessions in the Summer & Autumn of 2024. Places are available by referral. The activities are part of our Positive Activities partnership with South Yorkshire Housing Association



WEEKLY GROUPS at Scotia Works, Leadmill Rd S1 4SE

Space to Breathe

Our Weekly Mindfulness and Safe Space for Wellbeing every **Wednesday** from 3rd April onwards
3.30pm for a drink and chat, 4pm start, finish by 5pm

FREE COURSES at Scotia Works, Leadmill Rd S1 4SE

Restorative Yoga Nidra Taster Sessions

After a successful pilot, we will be running new Yoga Nidra sessions this term. We plan deep rest classes with both a men's class and a women's class. Groups are for those who face mental health & wellbeing challenges linked to stress, lack of sleep or struggle to relax.

Your Wellbeing Your Way

A new four week course aimed at helping you discover what recovery looks like to you and what is needed to make that a reality. Expect to learn new skills and strategies and explore tried and tested tools and techniques in a safe and supportive environment.

To express interest or book in email fran@spacetobreatheuk.com

First course is 9th, 16th, 23rd and 30th April 11am to 1pm

Places are limited and need to be booked.

Visit

<https://spacetobreatheuk.com/positive-activities>

use the QR Code left or

email

info@spacetobreatheuk.com

