

The Manor Health & Wellness Centre Workshops

Friday Evenings from 7pm

Womens Yoga Circle with Naomi Davies: 07801350469

7-8.30pm September 11th, 25th October 9th, 23rd, November 13th, 27th, December 11th

Cacao Ceremony and Sacred Circle with Louise from Crystal Circles:
07493059207

7-9pm Sep 18th, Oct 2nd, 30th, Nov 20th, Dec 18th

Saturday Afternoons

Yoga for Anxiety with Caroline Rose: 07912749611

6-7.30pm October 16th

Yoga Nidra with Caroline Rose: 07912749611

2-4pm October 24th

Hypnotherapy Weight Loss Course with Lauren Regan: 07538180909

12-1pm Ten weeks starting September the 5th