



Weekly Wellbeing Workshops
@ St. Paul's, Cambridge
£5 per session

EARLY BIRD YOGA – EVERY MONDAY – 07:45 to 08:45
(Mini Crafters Club running from 24.02.20 / 7.30am to 8.45am / £3 each)

LUNCHTIME YOGA – EVERY WEDNESDAY – 13:05 to 13:50

THE ART OF LIVING* - EVERY FRIDAY – 13:05 to 13:50

****Learn techniques of the mind, a simple breathwork technique & guided meditation***

No need to sign up for workshops – just drop in!

If wanting to sign your child up to the Mini Crafters Club, pls email office@stpaulscambridge.org.uk

Please feel free to bring your packed breakfast or lunch to eat in the Foyer before or after the workshops

Free tea & coffee will be available on request
