Join us at The Wellness Centre this winter

Relax, Restore, Renew

Sessions available to help you find your calm this festive season

Christmas Mindfulness

Create some space for relaxation and calm in this busy season.

Monday 9th December 10:30am - 12pm

Yoga

Take an hour to reconnect, rebalance and recharge.

Tuesday 10th December 1pm - 2pm

Christmas Mindfulness

Take time to nourish and nurture your mind, body and soul.

Wednesday 11th December 1pm - 2pm

Lunar Yoga

Take part in welcoming the new moon in this gentle session.

Tuesday 17th December 1pm - 2pm

To register and reserve your space, please contact wellness@blackburnehouse.co.uk

Sessions are fully funded, however donations are greatly welcomed and will help us to continue our work supporting local women to access counselling and wellbeing services.

BH WELLNESS