



Join us at The Wellness Centre this winter

Nourish, Nurture, Nestle

Allow a blanket of hush to encourage rest and replenishment, offering warmth against the cold, inviting reflection and care, guiding us tenderly into the year ahead.

Restorative Yoga

Time to rest, relax, and nurture your body and mind.

Wednesday 14th January 1:00pm - 2:30pm

Mindfulness and Poetry

Allow words to wash over and soothe you as you nestle into winter.

Thursday 22nd January 10:30am - 12:00pm

Breath Work Yoga

Use the power of your breath to guide you gently into the year ahead.

Tuesday 27th January 1:00pm - 2:00pm

Winter Mindfulness

Nourish your mind and practice stillness.

Wednesday 4th February 1:00pm - 2:00pm

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.