

ST DAVIDS WELLBEING TIMETABLE

	EARLY	MORNING	AFTERNOON	EVENING
Monday		Pilates - Pip 9.15am Beginners 10.30am Intermediate 11.45am Total Barre	Yoga – Lisa 1.30pm Yoga Course 3-6pm 1:1 Yoga Therapy	Yoga – Lisa 6.15pm Yoga Course
Tuesday		Osteopathy & Cranial Osteopathy - Alison		Yoga – Jo 5-6pm Teens’ Yoga 6.30-7.45pm Yoga Nidra
		Energy Healing - Marianne		
Wednesday		Counselling - Alex	Acupuncture – Dr Prem	Homeopathy - Katy
		*Complementary Therapies – Sue		
Thursday	Meditation 7.00am		Acupuncture – Dr Prem	Integral Psychotherapy & Soul-Making – Steve
		Foot Clinic – Tanya		*Complementary Therapies – Sue
Fridays	Week 1	St Davids Foot Clinic for Over-65s – Tanya		Community Events, Workshops & Talks
	Week 2	Cooking Workshops and Nutrition - Kate		
	Week 3			
	Week 4	Yoga Workshops & 1:1 Yoga Therapy – Lisa		
Saturday	Yoga – Lisa 8.45-10.00am Yoga Course	Cooking Workshops – Kate		Community Events, Workshops & Talks
		Courses, Retreats & Workshops		
Sunday	Courses, Retreats & Workshops			

Sue offers Massage, Reflexology, Aromatherapy, Indian Head Massage, Ear Candling & Hot Stone Therapy