

# ST DAVIDS WELLBEING TIMETABLE

	EARLY	MORNING	AFTERNOON		EVENING
<b>Monday</b>		<b>Pilates - Pip</b> 9.15am Beginners 10.30am Intermediate 11.45am Total Barre	<b>Yoga – Lisa</b>  1.30pm Yoga Course 3-6pm 1:1 Yoga Therapy		<b>Yoga – Lisa</b>  6.15pm Yoga Course
<b>Tuesday</b>		<b>Osteopathy &amp; Cranial Osteopathy - Alison</b>	Osteopathy & Cranial Osteopathy - Alison		<b>Yoga Nidra &amp; Children’s Yoga - Jo</b>
		<b>Energy Healing - Marianne</b>			
<b>Wednesday</b>		<b>Homeopathy - Katy</b>	<b>Acupuncture – Dr Prem</b>		Homeopathy - Katy
		<b>*Complementary Therapies – Sue</b>			
<b>Thursday</b>	<b>Meditation 8.00am</b>		<b>Acupuncture – Dr Prem</b>	Counselling & Psychotherapy – Steve	<b>Counselling &amp; Psychotherapy – Steve</b>
		<b>Foot Clinic – Tanya</b>			<b>*Complementary Therapies – Sue</b>
<b>Fridays</b>	Week 1	<b>St Davids Foot Clinic for Over-65s – Tanya</b>			Community Events, Workshops & Talks
	Week 2	<b>Cooking Workshops and Nutrition - Kate</b>			
	Week 3				
	Week 4	<b>Yoga Workshops &amp; 1:1 Yoga Therapy – Lisa</b>			
<b>Saturday</b>	<b>Yoga – Lisa 8.45-10.00am</b> Yoga Course	<b>Cooking Workshops – Kate</b>			Community Events, Workshops & Talks
		Courses, Retreats & Workshops			
<b>Sunday</b>	Courses, Retreats & Workshops				

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