

*Charity Event  
Mental Health awareness*



*Saturday 18<sup>th</sup> May  
2-7 pm*

*Drop in and donation for mental health awareness  
The Place, 9 Oakwood Parade, Bush hill park,  
EN1 2PX*

**Studio 1**

- 2 - 2.45pm - Mindfulness (short talks & practices to help ease stress)*
- 3 - 3.45pm - Get into your body (yoga)*
- 4 - 4.45pm - Power of the mind (meditation)*
- 5 - 5.45pm - Mindfulness (short talks & practices to help ease stress)*
- 6 - 6.45pm - Get into your body and mind (yoga/meditation)*
- 6.45 - 7pm - Raffle*

**Studio 2**

- 2 - 2.30pm - Sonic Tonic (crystal singingbowl sound journey)*
- 2.45 - 3.15pm - Sonic Tonic (crystal singingbowl sound journey)*
- 3.30 - 4.00pm - Sonic Tonic (crystal singingbowl sound journey)*
- 4.15 - 5.00pm - Mindfulness (short talks & practices to help ease stress)*
- 5.15 - 5.45pm - Feed Your mind (nutrition Gut/brain health)*
- 6 - 6.45pm - mindfulness (short talks & practices to help ease stress)*

*Contact Saffron if you have any questions  
07766 082 680*

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