

## Schedule for the day In the Centre (12-4pm)

**12pm - Movement activity**

**Hot drinks and snacks**

**Space to sit, relax and chat**

**Creative Activities**

**Free hot lunch at 1pm**



## On the Bus

**12pm - Breathwork and sound**

**12.30pm - Guided Meditation**

**1pm - LUNCH**

**2pm - Relaxation session**

**2.30pm - Guided meditation**

**3pm - Sound experience**

**3.30pm - Breathwork**

Session schedule above. All activities are free. This is a safe space, we request people do not take photos.