

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<p>10.45 – 11:00 Daily meditation / relaxation</p> <p>Morning visualisation</p> <p>https://youtu.be/hxHmlQvcUY</p>	<p>10.45 – 11:00 Daily meditation / relaxation</p> <p>Beach visualisation</p> <p>https://youtu.be/6Gg8fwpvll</p> <p>11:00 – 11.30 Gentle seated yoga</p> <p>https://youtu.be/qgQZn8yew1U</p> <p>11.00 – 12.00 Virtual café Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>	<p>10.45 – 11:00 Daily meditation / relaxation</p> <p>Sanctuary visualisation</p> <p>https://youtu.be/EW9esftZVc</p> <p>11.30 – 12.30 Physiotherapy class Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>	<p>10.45 – 11:00 Daily meditation / relaxation</p> <p>Forest visualisation</p> <p>https://youtu.be/GVSV062nC68</p> <p>11:00 – 12.00 Physiotherapy class Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>	<p>10.45 – 11:00 Daily meditation / relaxation</p> <p>Winter visualisation</p> <p>https://youtu.be/wQ-pXdjp8Dc</p> <p>11:00 – 12.00 Physiotherapy class Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>

Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
<p>13.00 – 15.00 Creative writing Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>	<p>13.00 – 13.15 Pilgrims nature trail YouTube video to follow</p> <p>13.30 – 14.30 Guest spot Pre-recorded or live one-off sessions. Details to follow.</p>	<p>13.30 – 14.30 Time to Create Chinese influenced watercolour brush painting</p> <p>https://youtu.be/PgO20PGT0iY</p> <p>14.00 – 15.00 Carers café Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>	<p>13.30 – 15.00 Reading group (alternate Thursdays) Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>	<p>13.15 – 14.15 Physiotherapy class Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p> <p>14.30 – 15.30 Virtual café Live Zoom class</p> <p>Please call 01233 504 133 for information on how to join this session.</p>