

Activities timetable

10am

Monday Mindfulness Meditation

Tuesday Watercolours

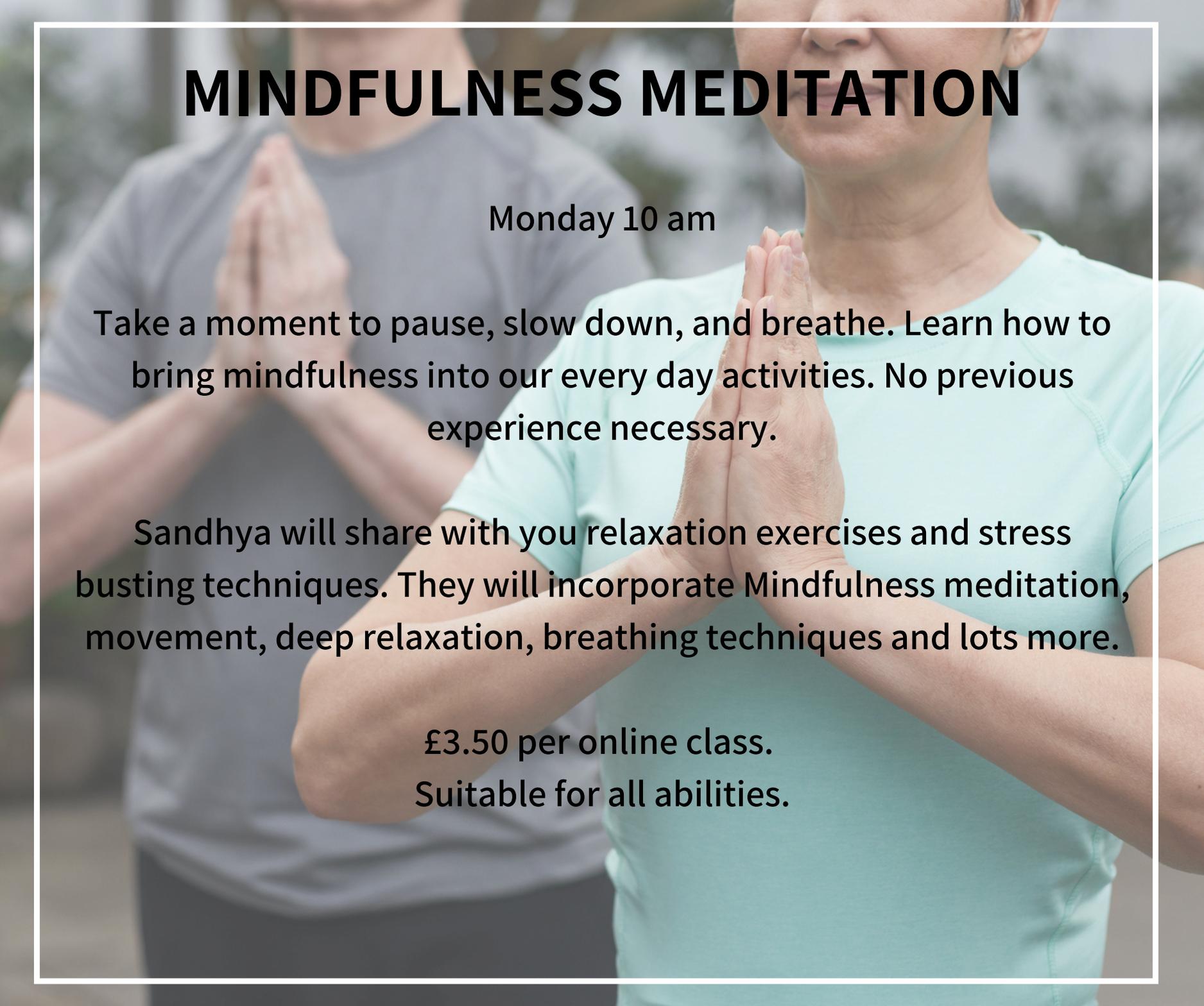
Wednesday Chair Yoga

Thursday Tai Chi

To book visit:

www.stjohnsbath.org.uk/what-we-do/activities/

MINDFULNESS MEDITATION

The background of the entire page is a photograph of two women. They are both wearing short-sleeved t-shirts and have their hands pressed together in a prayer position (Anjali Mudra) in front of their chests. The woman in the foreground is wearing a light blue t-shirt, and the woman in the background is wearing a grey t-shirt. They appear to be outdoors, possibly in a park or a similar setting, with a blurred background of trees and foliage. The overall tone is calm and serene.

Monday 10 am

Take a moment to pause, slow down, and breathe. Learn how to bring mindfulness into our every day activities. No previous experience necessary.

Sandhya will share with you relaxation exercises and stress busting techniques. They will incorporate Mindfulness meditation, movement, deep relaxation, breathing techniques and lots more.

£3.50 per online class.

Suitable for all abilities.

WATERCOLOURS

Tuesday 10am

Enjoy learning and developing different watercolour techniques in Sarah Prentice's step by step sessions. With your fellow painters, you will create a watercolour sketch and come away with ideas to develop further. Suitable for beginners through to the more creatively experienced.

Equipment required

Soft brushes – round and chisel, bristle brush, water pots x 2, watercolours, white gouache, palette, pencil, rubber, masking tape, scissors, watercolour paper or mixed media paper 250–300gsm, (A4 or A3 size), white wax crayon or candle, kitchen paper, sea salt (or table salt), cling film, A4 cardboard or larger to tape paper on.

£3.50 per online class.

CHAIR YOGA

Wednesday 10am

Enjoy a gentle yoga class with tutor, Liz Lee, and improve your mobility, balance and coordination.

Great for beginners or people returning to exercise, recovering from injury, illness, living with fibromyalgia, a disability, arthritis, health issues, long term illness, chronic pain or chronic fatigue, an elder, or in need of stress relief! You will be practicing breathing exercises, Meditation, Mindfulness, Gentle Yoga Postures, and Relaxation (Yoga Nidra).

£3.50 per online class.

All abilities welcome.

TAI CHI

Thursday 10am

Learn 'Tai Chi Movements for Wellbeing' with tutor, Betsan Corkhill.

During this gentle and relaxing class, you will learn 'Tai Chi Movements for Wellbeing' (TMW) - an easy-to-learn sequence of twelve movements designed to promote physical and emotional wellbeing.

Equipment required:

The beauty of TMW is that it can be practised standing or sitting and through visualisation, making its benefits accessible to all.

£3.50 per online class.

All abilities welcome.