

Mental Health Awareness Week 2018 mindfulness timetable

The mindfulness practitioner is Silke Whittaker, owner of Heartspace Yoga in Hastings, who teaches Hatha and Yin yoga classes and also plays the Tibetan Singing Bowls. She is an essential oil educator and is passionate about helping people to increase and maintain their wellbeing. If the sessions are well received and beneficial, we will look to include them as part of our well-being programme.

Monday 8th October

10.00am-10.15am	Chair yoga
10.30am-10.45am	Tibetan singing bowl meditation
11.00am-11.15am	Aromatherapy in the workplace
11.30pm-11.45pm	Chair yoga
12.00pm-12.15pm	Tibetan singing bowl meditation
12.30pm-12.45pm	Aromatherapy in the workplace
1.00pm-1.15pm	Chair yoga
1.30pm-1.45pm	Tibetan singing bowl meditation
2.00pm-2.15pm	Aromatherapy in the workplace

Book your session in PAL\$ because there are limited spaces available

Wednesday 10th October

10.00am-10.15am	Chair yoga
10.30am-10.45am	Tibetan singing bowl meditation
11.00am-11.15am	Aromatherapy in the workplace
11.30pm-11.45pm	Chair yoga
12.00pm-12.15pm	Tibetan singing bowl meditation
12.30pm-12.45pm	Aromatherapy in the workplace
1.00pm-1.15pm	Chair yoga
1.30pm-1.45pm	Tibetan singing bowl meditation
2.00pm-2.15pm	Aromatherapy in the workplace

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