

**Finding grounding and calm in uncertain times**

**Weekday Top-ups**

Date	Time	Length of Session	Cost
Monday, 6 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Monday, 6 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Tuesday, 7 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Tuesday, 7 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Wednesday, 8 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Wednesday, 8 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Friday, 10 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Friday, 10 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Saturday, 11 <sup>th</sup> April	2pm—2.30pm	30 minutes	Donation or Monthly Calm Pass
Monday, 13 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Monday, 13 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Tuesday, 14 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Tuesday, 14 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Wednesday, 15 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Wednesday, 15 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Wednesday, 15 <sup>th</sup> April	7pm—8pm	60 minutes	Donation or Monthly Calm Pass
Friday, 17 <sup>th</sup> April	8am—8.30am	30 minutes	Donation or Monthly Calm Pass
Friday, 17 <sup>th</sup> April	5.30pm—6pm	30 minutes	Donation or Monthly Calm Pass
Saturday, 18 <sup>th</sup> April	2pm—2.30pm	30 minutes	Donation or Monthly Calm Pass

Monday, 20 <sup>th</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Monday, 20 <sup>th</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Tuesday, 21 <sup>st</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Tuesday, 21 <sup>st</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Wednesday, 22 <sup>nd</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Wednesday, 22 <sup>nd</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Friday, 24 <sup>th</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Friday, 24 <sup>th</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Saturday, 25 <sup>th</sup> April	2pm – 2.30pm	30 minutes	Donation or Monthly Calm Pass
Monday, 27 <sup>th</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Monday, 27 <sup>th</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Tuesday, 28 <sup>th</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Tuesday, 28 <sup>th</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Wednesday, 29 <sup>th</sup> April	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Wednesday, 29 <sup>th</sup> April	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Wednesday, 29 <sup>th</sup> April	7pm – 8pm	60 minutes	Donation or Monthly Calm Pass
Friday, 1 <sup>st</sup> May	8am – 8.30am	30 minutes	Donation or Monthly Calm Pass
Friday, 1 <sup>st</sup> May	5.30pm – 6pm	30 minutes	Donation or Monthly Calm Pass
Saturday, 2 <sup>nd</sup> May	2pm – 2.30pm	30 minutes	Donation or Monthly Calm Pass

### Mindfulness-based Stress Reduction (MBSR) Courses

Day/Dates	Time	Format	Length of session	No. of sessions & Frequency	Costs
<p>Tuesdays From 14<sup>th</sup> April 2020</p> <p>Sundays From 19<sup>th</sup> April</p>	<p>7.30pm – 9pm</p> <p>2pm – 3.30pm</p>	<p>Online Group (maximum 10 people) Mindfulness-based Stress Reduction Course</p>	90 minutes	8, weekly	<p>Usual Cost <del>£350</del> <b>£150 per person</b></p> <p>If you currently have no income, further discounts are available.</p>
<p>Sunday afternoons / Weekdays</p> <p>Start date dependent on when suits you</p>	Various times are available	<p>Online 1-2-1 Mindfulness-based Stress Reduction Course</p>	60 minutes	8, weekly	<p>Usual Cost - <del>£440</del> <b>£250</b></p> <p>If you currently have no income, further discounts are available.</p>