

**Finding grounding and calm in uncertain times**

**Weekday Top-ups**

<b>Date</b>	<b>Time</b>	<b>Length of Session</b>	<b>Cost</b>
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
Sundays From 12 <sup>th</sup> April 2020	10am – 11.30am	Online Group (maximum 10 people) Mindfulness-based Stress Reduction Course	90 minutes	8, weekly	Usual Cost <del>£350</del> <b>Lockdown special price £150 per person</b>  If you currently have no income, further discounts are available.
Sunday afternoons / Weekdays  Start date dependent on when suits you	Various times are available	Online 1-2-1 Mindfulness-based Stress Reduction Course	60 minutes	8, weekly	Usual Cost - <del>£440</del> <b>Lockdown special price £250</b>  If you currently have no income, further discounts are available.