



Complementary Therapies & Groups

Please note that the day and time of all groups are subject to change. Please call the Fountain Centre to clarify availability and book where necessary before attending.

Timetable Winter 2026

REGISTERED CHARITY 1089086

Day	Class	Time	Venue
Monday			
Tuesday	Meditation	13.00 - 13.30	Creative Arts Room
	Mindfulness for Anxiety	14.00 - 15.00	Creative Arts Room
Wednesday			
Thursday	Breathwork	09.30 - 10.30	Drop in/ Book
	Creative Space Art	11.00 - 12.30 Alternative Weeks	Creative Arts Room
	Yoga	14.00 - 15.00	Online
Friday	Aromatherapy Workshop	11.00 - 12.00 2nd Thurs Each Month	Wellbeing Hub
	Ayurveda for Fatigue	11.00 - 12.30 Last Friday Each Month	Wellbeing Hub
	Yoga Therapy	11.30 - 12.30 Alternative Fridays	Creative Arts Room
	Stitch & Chat	12.30 - 13.30	Wellbeing Hub
	Sound Bowl Meditation	13.00 - 14.00	Drop in / Book