



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 Summer 2025

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	Arts & Crafts	11.00 - 12.00	Wellbeing Hub
Thursday	Creative Space Art	11.00 - 12.30 Alternative Weeks	Creative Arts Room
	Yoga	14.00 - 15.00	Online
Friday	Aromatherapy for Anxiety	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