

To book a class please ring 02920 860054 or email: bookings@sfwales.org

Weekly Programme

Day	Time	Tibetan Room	Therapy Rooms	Tea room
Monday	6.00 – 7.00 pm	Ashtanga yoga with Cathrine Cutts	Holistic Therapies – phone for appointment	
	6.00-7.00pm	Cardiff 8 Week Mindfulness Course with Lorraine Start date: 9 th January	Counselling	
	7:15pm-8:15pm	Cardiff 8-month mindfulness course Start Date: February 6 th 2012		
Tuesday	5.45pm-6.45pm	Chenrezig – a series of CDs by Ken Holmes Short Chenrezig puja (Buddhist practice on compassion)	Counselling Holistic Therapies Well-being Tuesday – phone for appointment(reduced prices)	
	6.45pm-8pm			
Wednesday	5.30pm-6.30pm	8 month mindfulness course in Caerphilly	Psychotherapy	
	7.30pm-8.30pm	Buddhist Meditation with Anthony or Anna	Holistic Therapies – phone for appointment	
Thursday	6pm-7pm	Informal Qi Gong practice	Counselling Holistic Therapies phone for appointment	
Friday	6pm - 8pm		Holistic Therapies – phone for appointment Reflexology Day with Deirdre	Knitting circle (monthly - check website) Social nights
Saturday/ Sunday		New 2-month mindfulness course starting Saturday 14 th January 2012 Compassion Support Group 1 x Saturday afternoon per month www.sfwales.org	Physiotherapy (Sat only) Holistic Therapies – phone for appointment	

Please note: you can book the Tibetan room out to do your own practise from Monday to Friday in the day. 9Am to 5pm and weekends when there is nothing else booked.