

Wellbeing Event

Join us for a serene morning of pure relaxation, designed to nurture your mind, body, and soul. Unwind, recharge, and reconnect with yourself through gentle yoga, soothing meditation, and calming relaxation practices

Saturday 20th September 2025

10.30 AM - 14.30 PM

St Margaret's Church Community Hall,
Highland Road, Southsea

Activities

- Meditations
- Yin Yoga
- Restorative Yoga
- SoundBath Session
- Neck, Shoulder Release Workshop

Enjoy a selection of hot drinks, juice, snacks and a hot vegetarian/vegan buffet

£25

limited tickets



To Book Contact Either:

Angela 07446 133775

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