

Weekly Classes for Wellbeing and Relaxation

*Concessions available e.g. for carers. Please ask.

<p>MONDAY 10.30am - 12.00 noon from 14th January 2019</p> <p>1pm -2pm from 14th January 2019</p>	<p>YOGA Beginners and Improvers - with Karen Hemming Unites mind, body & spirit through gentle exercise. Also suitable for those with minor health problems.</p> <p>Cost: £7 per 90 minute session. *</p> <p>SINGING FOR FUN Led By Lindsay Hannon No need to read music – just come and join in! Friendly, fun and good for your health!</p> <p>Cost: £5 per 1 hour session. *</p>
<p>TUESDAY 10 - 11am from 8th January 2019</p> <p>11am – 12.15 pm from 8th January 2019</p>	<p>TAI CHI Intermediate - with Dominic Cleary Suitable for those who have some previous experience.</p> <p>Cost: £7 per one hour session. *</p> <p>TAI CHI Advanced - with Dominic Cleary Suitable for experienced students.</p> <p>Cost: £8 per 75 minute session. *</p>
<p>WEDNESDAY 10 - 11am from 9th January 2019</p> <p>11:00am – 12:30pm From 9th January 2019</p> <p>1 – 2 pm from 9th January 2019</p> <p>7 – 8.30pm from 9th January 2019</p>	<p>TAI CHI Beginners - with Dominic Cleary Gentle exercise to promote balance and wellbeing.</p> <p>Cost: £7 per one hour session. *</p> <p>QI GONG – MINDFULNESS IN MOTION Beginners and Improvers - with Dominic Cleary Gentle movements, sounds, breathing and meditation for your health and wellbeing</p> <p>Cost: £7 per 90 minute session *</p> <p>MEDITATION & MINDFULNESS Beginners and Improvers - with Valerie Chiltonsmith. Gentle introduction to becoming more relaxed and focussed.</p> <p>Cost: £30 for 6 sessions. *</p> <p>SINGING FOR FUN with HOPS COMMUNITY CHOIR Led by Lindsay Hannon All welcome - Great fun and good company...and it improves health and emotional wellbeing at the same time!</p> <p>Cost: £5 per 90 minute session</p>
<p>FRIDAY 2nd and last Fridays of the month.</p>	<p>CARERS' FREE EVENTS - see next page for details Friendly time with other carers.</p>

* Concessions may be available, e.g. for carers. Please ask at HOPS office.
 Email info@healing-sunderland.org.uk or leave message on 0191 548 3722



Special events at HOPS: Booking essential

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CARERS TIME OUT DAYS: Last Friday of month 10.15am – 2.15pm

FREE therapy treatments, group activities & delicious lunch in friendly and uplifting surroundings. Supported by the People's Health Trust & Sunderland Quakers

CARERS GET TOGETHERS: **FREE** Second Friday of the month 11am – 1pm and at Hendon first Wednesday of the month 11am – 1pm and at Houghton second Monday of the month 11am – 1pm

Enjoy being with other carers . Plenty of chat. Activities optional ! Just come along Supported by the People's Health Trust & Sunderland Quakers

MINDFULNESS Skills for Life: Change your life!

Taster Session: Saturday 12th January 2019 11am-12.30pm Cost £9

Course: 6 x Saturdays 11am – 1pm 2nd February - 9th March Cost: £110

With experienced tutor, Linden Tansley. Peaceful and welcoming class.

HOPS WELLBEING TREATMENTS

Massage, Shiatsu, Reiki/Healing, Reflexology, Aromatherapy, Indian Head Massage

Mon – Thurs 10 am - 3 pm + Tues 6 – 8 pm + Sat 10 am – 12 noon

Email info@healing-sunderland.org.uk or leave message on 0191 548 3722

ROOM HIRE AVAILABLE FROM SUNDERLAND QUAKERS

Spacious rooms in the peaceful, friendly Quaker Meeting House.

Suitable for one-to-one work, meetings, workshops and training events. Flexible facilities with reasonable rates

Call 07982 743615 Email sqmhroomhire@gmail.com

EVENTS AND ACTIVITIES ORGANISED BY OTHERS at The Quaker Meeting House 30 Roker Park Road, SR6 9PG

TUESDAYS	From 6:30	GUB CLUB A get together of Guitar Ukulele and Bass players
1st WEDNESDAY monthly	6 pm – 7:00pm	HEALING MEDITATION MEETING contact 07907 051595
3rd FRIDAY monthly	7.30 pm – 9:30pm	CIRCLE DANCING All welcome. No partner needed. All dances taught. Friendly and uplifting. Contact 07872 066863
Weekend or Evenings	By arrangement	NATIONAL CHILDBIRTH TRUST courses Contact 0300 330 070