



You're invited to



Barefoot's 5th Birthday party!

Saturday 11th November
9 until 3

Main studio

- 09:15 - 10:00 Beginner's yoga with Jon
- 10:15 - 10:45 Mum and baby yoga with Mandy
- 11:00 - 11:45 Energising yoga with Dave
- 12:00 - 12:45 Meditation & chanting with Sumita & Aakriti
- 13:15 - 13:45 Club Morgan Kid's yoga with Mel

All sessions FREE
Donations to Let's Feed Brum
homelessness charity welcome

Downstairs therapy room

- 10:00 - 10:45 Taking a look at mindfulness
- 11:00 - 11:45 The power of acceptance
- 12:00 - 12:45 Working out what matters to you
- 13:00 - 13:45 Five steps to psychological wellbeing
- 14:00 - 14:45 What is cognitive behavioural therapy (CBT)?

also featuring....

The Great Barefoot Bake off



Barefoot Birmingham, 7 High St
Harborne B17 9NT
www.barefootbirmingham.com

sign up in studio