

WELLNESS DAY

SUNDAY 20 OCTOBER 11-5^{pm}

TIME for THAI
chair massage

1.00-1.30pm

MINDFULNESS AND MEDITATION

2.30-3.30pm

WHAT IS ENERGY MEDICINE?

3.30-4.30pm

YOGA

Hosted by Lovethatstuff at

THE FAIR TRADE SHOP

First Floor, 8 The Boardwalk

Brighton Marina BN2 5WA

www.lovethatstuff.co.uk

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