

# IAPT Activities Schedule

All our groups are free to attend

## Online Activities

### Mondays

#### Peer Support Group

A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff.

10am-11am

#### Sound Healing / Yoga / Meditation

Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners.

11.30am-12.30pm

### Wednesdays

#### Sound Healing / Yoga / Meditation

Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners.

4.30pm-5.30pm

#### Peer Support Group

A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff.

6pm-7pm

## In Person Activities

### Tuesdays

#### Mindful Movements

This session aims to bring our awareness to our movement and focus on our breath or the way our body feels as it moves. Suitable for all levels including beginners.

11.30am-12.30pm

#### Social at the Community Cafe

Time to meet and chat or play table tennis, foosball, pool table if you want.

1pm-2pm

#### Sound Healing / Yoga / Meditation

Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners.

4pm-5pm

#### Peer Support Group

A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff.

5.30pm-6.45pm

### Wednesdays

#### Peer Support Group

A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff.

11.30am-1pm

#### Barre

Gentle exercise practice inspired by elements of ballet and stretches to music, suitable for all levels including beginners.

2pm-3pm

