

# Wellbeing at Belgrave Hall

Sunday 23<sup>rd</sup> June, 10am-4pm

## On site all day

Ride Leicester are providing a free bike park. Join route 6 to find your way to Belgrave from Leicester City.

### In the Stable Yard

Food and drink from Chilli Guys and Quirky Events.

Leicestershire Police: touching base with the local community

### In the Marquee

Craft and art stalls. From crystals to cakes and everything in between

### On the Woodland Lawn

Peace of Green CIC: sharing information of their services

## Movement classes

### In the Hall

☀ Yoga with Kirty: 10.15-11.30

☀ Yoga with Kirty: 11.45-1pm

### We Love Pilates

★ Intro to Pilates: 1pm-1.45 pm

★ Pilates-moving the spine: 2pm-2.45pm

★ Natural movement: 3pm-3.45 pm

### In the Stable Yard

Meditation and seated yoga provided by Leicester's Adult Education Services. ★ 1pm, 2pm & 3pm.

## Holistic therapies

### In the Hall: first floor

☀ Billesdon Therapies: Reflexology

☀ SoeL Therapy: Reiki healing

☀ The Self Care Suit: Head massage or express facial

★ The Geodess Healer: Crystal healing

### In the Hall: ground floor

♦ Grounded Sound: Relaxation Sound Bath