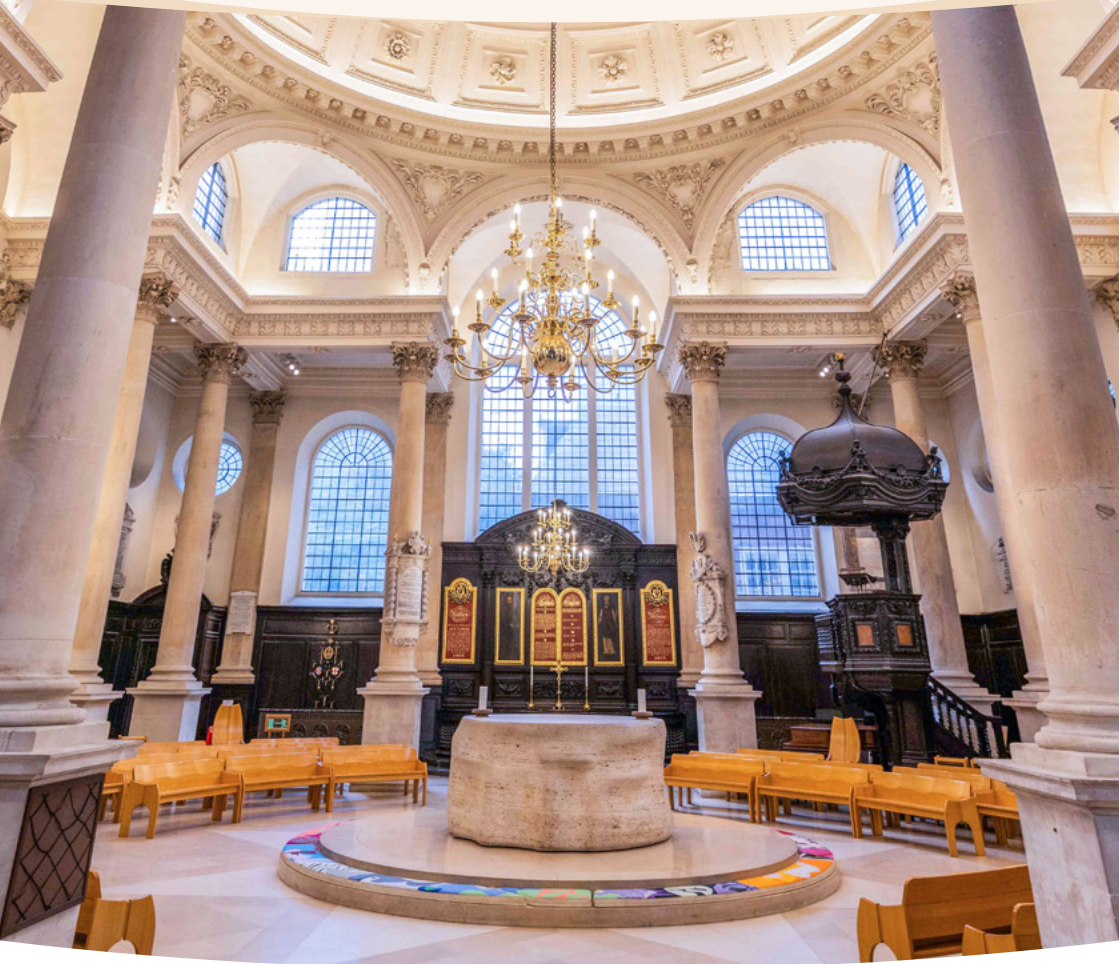




ST STEPHEN WALBROOK

WELLBEING

at St Stephen Walbrook



ESCAPE THE HUSTLE AND BUSTLE OF THE CITY
AND START THE NEW YEAR WITH A REJUVENATING
WELLBEING CLASS AT ST STEPHEN WALBROOK.

About the classes:

The stunning architecture and tranquil surroundings of St Stephen Walbrook offer an inspiring location that will leave you feeling motivated and ready to deal with your daily challenges.

MORNING MINDFUL MEDITATION

A 30 minute session designed to help you enjoy more energy, less stress and greater mental clarity. The session comprises gentle physical, breath, visualisation, mindfulness and meditation exercises. They are easy to follow, need no prior experience and you don't need to change out of your work clothes.

Classes are 30 mins long and begin at 08:30
£15 per class + booking fee

No need to bring a mat, attendees will be sitting at the pews

EVENING YOGA & MEDITATION

Calm your mind and re-energise your body in this 60 minute class. Yoga is an ancient practice with contemporary application, proven to help with today's challenges such as stress, energy, clarity and resilience. Each class is a blend of physical postures, breath techniques, meditation, mantras, music and relaxation.

Classes are 1 hour long and begin at 17:30
£20 per class + booking fee

Please bring your own mat



About the teacher:

NICK STOLERMAN www.nickyogameditation.co.uk

After trying many forms of yoga and meditation, Nick chose to teach Kundalini and has seen it delivering great results for so many different people. He loves the fact that the same class can be practiced in a vigorous or gentle manner, depending on how you are feeling, because it is a personal experience, no one is better at it than anyone else!

Schedule of Classes:

Date	Class	Date	Class
Thursday 12th January	Yoga PM	Wednesday 1st March	Mind AM
Wednesday 18th January	Mind AM	Thursday 9th March	Yoga PM
Thursday 26th January	Yoga PM	Wednesday 15th March	Mind AM
Wednesday 1st February	Mind AM	Tuesday 21st March	Yoga PM
Thursday 9th February	Yoga PM	Wednesday 29th March	Mind AM
Wednesday 15th February	Mind AM		



Scan the QR code to find out more about Wellbeing Classes at St Stephen Walbrook and book your place. Or visit our website at <https://ststephenwalbrook.net/activities/wellbeing/>