

Stepping Stones - Online course plan spring term 2021

Days	Stepping Stones course timetable spring 2021	
MONDAY	<p>Yoga – For Men & Women 11.00am-12.30pm</p> <p>Course starts: 25/01/21 Course ends: 15/03/21</p>	<p>Creating Imagery for Fun and Mindfulness 3.30pm – 5.00pm</p> <p>Course starts: 01/02/21 Course ends: 22/03/21</p>
TUESDAY	<p>Doodle Art for Wellbeing 10.00am-11.30am</p> <p>Course starts: 26/01/21 Course ends: 17/03/21</p>	<p>Singing for Fun 2.30pm-4pm</p> <p>Course starts: 26/01/21 Course ends: 16/03/21</p>
WEDNESDAY	<p>Calling all Men – Resilience & Brilliance 11am-12.30pm</p> <p>Course starts: 03/01/21 Ends: 24/03/21</p>	<p>Doodle Art for Wellbeing 1.30pm-3.00pm</p>
THURSDAY	<p>Yoga – For Men & Women 11.00am-12.30pm</p>	<p>Creating Imagery for Fun and Mindfulness 3.30pm – 5.00pm</p>
FRIDAY	<p>Calling all Men – Resilience & Brilliance 11am-12.30pm</p>	<p>Singing for Fun 2.30pm-4pm</p>