



mindbodyspirit
G I R V A N

LAUNCH EVENT

Saturday 13th October
10am - 6pm
Girvan Community Garden

Try a range of free, fun and transformational Workshops.
For details check out our Facebook Page @MBSGirvan

EVENT PROGRAMME

Parkrun: 9.30 meeting point is the Quay Zone

Fire therapy workshop: 10.30, Chris Saunders, Girvan Community Garden.

Mindfulness and Compassion workshop: 11.00, Alex Cowie, Girvan Community Garden.

Acro yoga: 11.30, Claire Blair, The Townhouse

Hypnotherapy workshop: 12.30 Sarah Russell, The Townhouse.

Bowen therapy workshop: 1.30, Rosslyn McNally, Girvan Community Garden.

SUP yoga: 2.30, Claire Blair meeting point is Adventure Centre for Education (ACE). Booking essential, 8 spaces available (booking details to follow)

Sound journey: 2.30, Pamela Jo Proudfoot, The Townhouse.

Laughter yoga workshop: 3.30, The Well Happy crew, The Townhouse.

Well Happy Band performance: 4.30, Girvan Community Garden.

Girvan Community Garden will become a space for Relaxation and chilling, there will be tea, coffee and soft drinks available as well as a selection of food on offer.