

# TRANQUIL THOUGHTFUL THURSDAYS

Aimed at relieving stress and anxiety whilst also exploring the opportunity to express yourself in a variety of ways



Wellbeing sessions for everyone  
in a calming, nurturing environment

**Thursdays 6pm til 8pm**

Only 10 spaces per session available

**Registered cancer patient £8**

**Registered carer £8**

**Cancer client and carer attending together £12**

**General Public £10**

St Mary's Church Hall  
29 Grandstand Road, Hereford HR4 9NE

Car park, wheelchair accessible, disabled toilet facilities and hearing loop available.

**Pre booking essential via <https://yeleni.pembee.app>**



Helping you to live with and beyond cancer



# **MOVING** *on* **to** **WELLBEING**



## **Breathworks** **Mindfulness** **with Jess**

In this session we'll experience simple mindfulness practices to create a space in the midst of our lives. By connecting with the body and breath - we can be with our experience, just as it is, with compassion and kindness. This approach helps us to find calm and balance in our lives and nourish a greater sense of ease.



## **Creative Arts** **with Lorraine**

Art is a powerful and therapeutic medium to promote mental health and wellbeing. These sessions will introduce the use of creative art activities for expression and exploration at an emotional, psychological and spiritual level. You don't have to be 'good' at art. Enjoy the activity, trust the process.



## **Relaxation/Meditation** **with Nicky**

We will be exploring ways to achieve a quiet mind by experiencing a variety of meditative techniques that you can then practise at home, including a chocolate meditation, candle meditation, working with sound, and whole body relaxation.





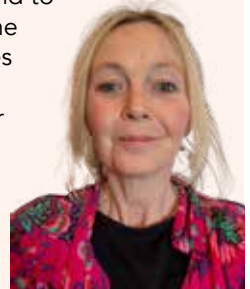
## **Creative Writing with Linda**

In these sessions you will enjoy the chance to play with words of all shapes and sizes. You don't need any previous experience. You will try out different techniques and styles, and practise different ways and forms of writing. Along the way you might choose to express your own emotions or experiences. Or you might imagine other people's joys and worries. Pieces of paper and pens will almost certainly show up to accompany you. It will be relaxed, and there will be cups of tea to water the occasional waves (or dribbles) of inspiration. There will be ideas and support at hand.



## **Sound Therapy with Lizzie**

Sound Therapy can be a wonderful escape from the everyday. The therapeutic sound frequencies created by a variety of instruments including gongs, chimes, crystal singing bowls, ocean drum to name but a few will encourage the body and mind to unwind, aiding the release of stresses and tensions. Please bring your own mat, pillow and blanket to the session.



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## Creative Writing with Linda

Thursday 11th September • 6pm - 8pm

Thursday 2nd October • 6pm - 8pm

Thursday 13th November • 6pm - 8pm

## Relaxation/Meditation with Nicky

Thursday 18th September • 6pm - 8pm

Thursday 30th October • 6pm - 8pm

## Creative Arts with Lorraine

Thursday 25th September • 6pm - 8pm

Thursday 23rd October • 6pm - 8pm

Thursday 20th November • 6pm - 8pm

## Breathworks Mindfulness with Jess

Thursday 9th October • 6pm - 8pm

## Sound Therapy with Lizzie

Thursday 16th October • 6pm - 8pm

Thursday 6th November • 6pm - 8pm

Thursday 27th November • 6pm - 8pm

Pre booking essential via <https://yeleni.pembee.app>

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