

TASTER DAY

24 SEPTEMBER | 8AM-3PM



AN AMAZING OPPORTUNITY TO SAMPLE OUR OFFERS IN THE STUDIO, THERAPY ROOMS & CAFÉ. ENJOY!

The Studio	The Park	Vawdrey	Solly	Talks <small>(Chill-out room)</small>
9.30-10am Spanish Singing & Dancing (for little ones) hola@mariposalanguages.com or 07915316345	8-9am Dog training thesocialdogclub.co.uk	8.15-10am Electrolysis with Leah leaelectrolysis@gmail.com	All Day Fabeauty with Fabienne fabiennerenolds@hotmail.co.uk	10-11am Building good habits claire@oandotrainercoach.com
10.15-10.45am Dynamic Vinyasa Yoga aligoode33@gmail.com	9-9.45am Girl's football 5-10 years danielgarrod66@gmail.com	10-11.30am Sports Massage & Advice with Missy missyblanke@yahoo.co.uk		11am-12pm Hypnotherapy for Calm Kate@katedelaney.co.uk
11-11.30am Broadway Boogie christina@aromalyne.com		11.30-1pm Osteopathy with Lauren e.lauren.barber@gmail.com		12-1pm Intro to Counselling louise@acercounselling.co.uk
11.45am-12.15pm Pilates with Cecile info@corecoachingforwellbeing.com		1-2.30pm Zone Face Lift, Indian Head Massage & Reflexology janet@coastalholistics.org		1-2pm Rest & Recharge with Marie & Dawn mc.talktherapy@gmail.com
12.30 - 1pm Combat Fitness missyblanke@yahoo.co.uk				2-3pm Intro to Homeopathy with Rebecca homeopathyour@yahoo.co.uk
1.15-1.45pm Cancer Recovery Exercises rosie.Warwick-Brown@albioninthecommunity.org.uk				
2pm-2.30pm Tai Chi with Robert robertpehrson@icloud.com				

ALL TASTERS SESSIONS ARE FREE BUT BOOKING IS REQUIRED. CONTACT THE PRACTITIONERS TO BOOK!



Owned and loved by CCDT.

cecilie@chichestercdt.org.uk | Tel: 01243 537526 | thepavilionchichester.com