

Day	Time	Class Name & Venue	Class Description
Monday	10:00am-11:00am	Byker Community Mindfulness Byker Community Centre, Headlam Street	Mindfulness practice and discussion
Monday	2:30pm-4:00pm	Mindful Space - Carliol Square	A mindfulness and discussion group aimed at people experiencing mental health difficulties
Monday	5:30pm-6:00pm	Drop-In Meditation - Carliol Square	Unwind and refocus after work! A short guided meditation class open to all levels of experience
Tuesday	12:30pm -1:30pm	Happy Yoga - Carliol Square	Donation based yoga class from Happy Yoga
Tuesday	5:30pm-6:00pm	Drop-in meditation - Carliol Square	Unwind and refocus after work! A short guided meditation class open to all levels of experience
Tuesday - 2nd Tuesday of the month	7:00pm-8:30pm	Throckley Community Mindfulness Throckley Community Centre	A mindfulness and discussion group aimed at people experiencing mental health difficulties
Tuesday -3 <sup>rd</sup> Tuesday of the month	5:30pm-7:00pm	Darlington monthly drop in Friends Meeting House, Skinnergate, Darlington	Mindfulness meditation and discussion
Wednesday	2:30pm-4:00pm	Mindful Space - Carliol Square	A mindfulness and discussion group aimed at people experiencing mental health difficulties
Wednesday	5:30pm-6:00pm	Drop-In Meditation - Carliol Square	Unwind and refocus after work! A short guided meditation class open to all levels of experience
Thursday	5:30pm-6:00pm	Drop-In Meditation - Carliol Square	Unwind and refocus after work! A short guided meditation class open to all levels of experience
Friday	4:00pm-5:00pm	Getting started - Carliol Square	Rolling ten-week introduction to mindfulness programme, each session is standalone, together they form a practical introduction to mindfulness theory and practice *£7 per session
Friday	5:30pm-6:00pm	Drop-In Meditation - Carliol Square	Unwind and refocus after work! A short guided meditation class open to all levels of experience
Friday - 2nd Friday of the month	6:15pm-8:15pm	Going Deeper - Carliol Square	A monthly group for people who have completed an 8 week mindfulness course. Booking essential. Please email <a href="mailto:rachel@mindfultherapies.org.uk">rachel@mindfultherapies.org.uk</a>
Saturday - 2nd & 4th Saturday of month	2:30pm-4:30pm	Thich Nhat Hanh group - Carliol Square	A mindfulness group in the tradition of Thich Nhat Hanh. This is a regular group not a drop-in and booking is essential. Please email <a href="mailto:letizia@mindfultherapies.org.uk">letizia@mindfultherapies.org.uk</a> for more information
Sunday	4:30pm-5:30pm	Jesmond Community mindfulness Jesmond Library	Mindfulness practice and discussion



Full Class Timetable

All classes by suggested donation £3-£7 unless stated

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Throckley Community Mindfulness Throckley Community Centre	A mindfulness and discussion group aimed at people experiencing mental health difficulties
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Jesmond Community mindfulness Jesmond Library	Mindfulness practice and discussion

