

Women's Wellbeing Workshops



Floristry with Ana

Saturday 28th October

1pm - 3pm

Create your own floral decoration using an array of beautiful fresh flowers



Coach Yourself Better

Wednesday 1st November

12pm - 2pm

Coping with Stress - breathwork and self-compassion



Sweet Self Sabotage

Saturday 4th November

10am - 3pm

Self-heal bad habits and learn about what's good for you through art and nutrition.



sign up for
free here!

www.thegranville.org

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