

HERE'S WHAT'S ON  
SEPTEMBER - NOVEMBER  
@ NILUPUL

**CHECK OUT OUR CLASSES & COURSES  
TO LOOK AFTER  
YOUR HEALTH & WELLBEING !**

**HEADROOM THURSDAYS**  
**TIBETAN BUDDHISM FOR ALL**  
**MAHAMUDRA**  
with **LAMA JIGA**

**THURSDAY September 27th**  
**7.30 - 9.00 pm**  
**FROM £5**



[CLICK HERE FOR MORE INFO & BOOKING](#)

**QI GONG & TAI CHI**  
**FOR BEGINNERS**

**MONDAYS for 8**  
**weeks**  
**3 Sept - 22 Oct**



**5-6 Qi gong**

**6-7 Tai Chi**

**£40**

[CLICK HERE FOR MORE INFO & BOOKING](#)

**ZEN YOGA**  
with **GILL SCULPHER**

**THURSDAYS**

**5.30 am - 6.30 pm**

**£6**

[Click here for more info](#)



**HEADROOM TUESDAYS**

**INTRODUCTION TO  
MINDFULNESS  
4 WEEK COURSE**

**4 weekly sessions**

**6th - 27th Nov**

**7.00 - 8.30pm**

**FROM £15**

[CLICK HERE FOR MORE INFO &  
BOOKING](#)



**HEADROOM SATURDAYS  
BEGINNERS MEDITATION**

**October 6th  
10.30am - 1.00pm**

**FROM £15**

**[CLICK HERE FOR MORE INFO & BOOKING](#)**



**HEADROOM SATURDAYS  
MEDITATION RETREAT DAY**

**November 4th  
10.30am - 3.00pm**

**FROM £15**

**[CLICK HERE FOR MORE INFO & BOOKING](#)**



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STAY CONNECTED:



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