



We are delighted to be able to offer 8 week courses in Reiki, Meditation and Yoga to women thanks to funding received from The Rosa Fund

The courses aim to empower women by giving a deepened connection with ourselves, greater control over emotional wellbeing and the confidence to manage pressure points in our lives.

MORNING MEDITATION: Fridays in the Willow Room @ Link Up

8 week courses in mindfulness and meditation:

15 September — 3 November

24 November — 15 December AND 6 — 27 January

16 February — 13 April (*supported by the crèche*)

Beginners 10.00 — 11.00, Improvers 11.30 — 12.30

YIN YOGA: Fridays in the Drawing Room (3rd floor, St Margaret's House):

8 week courses in restorative yoga:

15 September — 3 November

24 November — 15 December AND 5 — 27 January

16 February — 13 April (*supported by the crèche*)

Improvers 10.00 — 11.00, Beginners 11.30 — 12.30

REIKI Level 1 qualification weekend courses:

23 & 24 September, 10.00-4.30

13 & 14 January, 10.00-4.30

10 & 11 March, 10.00-4.30

Each followed by 5 practice and certificate sessions—dates TBC

All women are welcome to attend their first 8 week course free. You can then sign up to further courses, including the 'improver' levels, and will be asked for a suggested donation (Link Up Members/Partner referrals - £2/session; Other women - £5/session).

To book or for further details: Tel: 0131 661 9292 or E-mail: info@link-upsupport.co.uk

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