

# Solas Wellbeing Support Programme Breathing Space 2025

Here at Solas we want to remind people of the importance of slowing down every few months and giving ourselves some breathing space. Our Breathing Space Programme will run in January, and in April.

In this programme we are offering an Open House, where people are welcome to call in without booking. You will be met with a friendly smile and a warm, welcoming space.

	ACTIVITY	TIME	VENUE
Monday	Open House	09.30 - 13.00	Solas House
	Ear Acupuncture	10.30 - 11.15	Solas House
	Knitting & Croched (New Members)	10.30 - 11.30	Solas Studio
	Knitting & Crochet	12.00 - 13.30	Solas Studio
Tuesday	Open House	09.30 - 13.00	Solas House
	Ear Acupuncture	11.00 - 11.45	Solas House
	Listening Ear	10.30 - 11.15 11.30 - 12.15	Solas House
Wednesday	Open House	09.30 - 13.00	Solas House
	Beginners Meditation	09.45 - 10.30	Solas & Zoom
	Meditation	11.00 - 11.30	Solas & Zoom
	Anxiety Management	11.45 - 12.30	Solas House
Thursday	Open House	09.30 - 13.00	Solas House
	Evening Ear Acupuncture	19.00 - 20.30	Solas House
Friday	Grief & Loss Listening Ear	10.30 - 11.15	Solas House
	Grief & Loss Listening Ear	11.30 - 12.15	Solas House



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