



# TRUST YOUR BREATH

Scottish Charity SC047618

## Lunch Time & Evening Drop-Ins

@ Theosophical Centre, 17 Queens Crescent  
St Georges Cross, Glasgow, G4 9BL

12.15 - 1.30 See Facebook /Website for Details

**BREATHING & RELAXATION**

**NUTRITION for HEALTH**

**THE ART OF LIVING**

**MINDFULNESS**

**BREATHE INTO YOGA**

**CELL MEMORY - It's YOUR LIFE!**

Donation £5 - Concessions. Bring Your Lunch - Tea, Coffee provided



Trust Your Breath

[www.trustyourbreath.org.uk](http://www.trustyourbreath.org.uk)

Mb: 07484 822323

Thursday

Wednesday

Tuesday

Tuesday

Wed Evening

Friday