



AUGUST 2026 Wednesdays to Sundays

List of classes and dates for Wyken Website (updated 10/7)

***Community Charity Class**

Sunday 2nd August

- Hatha Yoga
- Mindfulness in Nature Workshop*
- Pelvic Floor Pilates Workshop

Wednesday 5th August

- Mindfulness Meditation
- Breathwork for Beginners
- Herbal Medicine Workshop

Thursday 6th August

- Yoga Flow
- Pilates core
- Hand tie Bouquet Workshop

Friday 7th August

- Yoga Beginners
- Yoga Pic n Mix *
- Natural Skincare Workshop
- Sound Bath

Saturday 8th August

- Yoga Beginners *
- Learn Accupressure Workshop
- Yoga Hatha Workshop
- Yin Yoga

Sunday 9th August

- Family Yoga
- Yoga Flow
- Fermenting Food Workshop

Wednesday 12th August

- Mindfulness Meditation
- Family Crafting Workshop

For more info, please check out @wellnessatwyken on Instagram and Facebook or contact
Carole Baker 07770766744 , Sam Carlisle 07786266685, Gemma Edwards 07894039260



AUGUST 2026 Wednesdays to Sundays

- Crafting Pressed Flowers Workshop

Thursday 13th August

- Qi Gong
- Family Kung Fu
- Guasha Facial Workshop

Friday 14th August

- Tai Chi
- Family Kung Fu
- Learn Reflexology Workshop
- Yin Yoga Workshop

Saturday 15th August

- Yoga Flow
- Breathwork Activation Workshop
- Mindfulness in Nature Workshop *
- Gong Bath

Sunday 16th August

- Yoga Hatha
- Yoga Flow *
- Crafting Workshop

Wednesday 19th August

- Mindfulness Meditation
- Yoga Unwind
- Family Crafting Workshop

Thursday 20th August

- Yoga flow
- Pilates Beginners
- Incense Blending Workshop

Friday 21st August

- Family Arts & Craft History Workshop
- Women's Hormonal Health Workshop
- Art, Craft, History Workshop
- Yoga Flow

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AUGUST 2026 Wednesdays to Sundays

Saturday 22nd August

- Ayurvedic Medicine Workshop
- Breathwork
- Learn Massage
- Sound Bath

Sunday 23rd August

- Family Yoga
- Sound Bath *
- Yin Yoga

Wednesday 26th August

- Mindfulness Meditation
- Yoga Unwind
- Art Painting Nature Workshop

Thursday 27th August

- Yoga flow
- Crystals Workshop
- Chanting
- Drumming Circle

Friday 28th August

- Yoga Beginners
- Yoga Flow
- Learn Reiki Workshop

Saturday 29th August

- Sweaty Mama Mother & Baby
- Menopause Workshop
- Connecting with Trees Workshop
- Shamanic Drum Meditation

Sunday 30th August

- Yoga, Breath & Sound Wellness Retreat Day

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Movement

- 🌀 Yoga - Hatha, Flow, Yin, Beginners & Family
- 🌀 Pilates - Beginners, Core Focus
- 🌀 Tai Chi
- 🌀 Qi Gong
- 🌀 Sweaty Mama - mum & baby
- 🌀 Family Kung Fu

Mind

- 🌀 Mindfulness Meditation
- 🌀 Shin-rin Yoku Forest Bathing
- 🌀 Shamanic Drum Journey
- 🌀 Drumming Circle
- 🌀 Chanting
- 🌀 Sound Bath
- 🌀 Gong Bath
- 🌀 Breathwork
- 🌀 Connecting with Trees

Learn Therapies

- 🌀 Ayurvedic Medicine
- 🌀 Herbal Medicine
- 🌀 Accupressure for common ailments
- 🌀 Guasha Facial
- 🌀 Reflexology
- 🌀 Massage
- 🌀 Crystals
- 🌀 Reiki

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Natural Health

- 🌀 Natural Skincare
- 🌀 Fermenting Foods
- 🌀 Women's Hormonal Health
- 🌀 Incense Blending
- 🌀 Menopause
- 🌀 Pelvic Floor Pilates

Art & Craft

- 🌀 Hand Tie flower bouquet
- 🌀 Crafting Family & Adult
- 🌀 Pressed Flower Workshops Family & Adult
- 🌀 Arts, Craft & History Family & Adult
- 🌀 Art Painting in Nature

Plus **Yoga, Breath & Sound Wellness Retreat Day**

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