

IWD EXTRAVAGANZA

Golden Flower Meditation Shivani
Fri 5 March 10-11am



Yoga with Rachel Lindars
Saturday 6th March 11.00am-12.00pm



Yoga with Claire Shaw
Sun 7 March 10-11am



Building Growth South West
IWD Celebratory Toast
Mon 8 March 7-8.00pm



Yoga with Haidee
Tues 9 March 10-11am



Photography for Social Media with
Vanessa Miles
Tues 9 March 1.30-2.30pm



Intro to PR
with Stacey Sheppard
Thursday 11th March 10.00am-11.00am



Your Story as Part of your Business with
Claire Collis
Wed 10 March 10 - 11am



Intro to Mindfulness Through Meditation
with Elisa Riutta
Thurs 11 March 1.30-2.30pm



Get Social Women's Bristol Network
Thurs 11 March 11am-12pm



"Feel The Fear - and Do it Anyway"
with Marsha Miles
Fri 12th March 10am-11am




IWD DAY

