

**FREE**

# MONTHLY EVENTS

**SOUNDBATH & BREATHWORK  
CANAL WALK & LITTER-PICK**



**2025**

**SEPTEMBER**

Soundbath/Breathwork  
07/09 - 11.30am

Canal walk & litter-pick  
28/09 - 11.30am

**OCTOBER**

Soundbath/Breathwork  
05/10 - 12.00pm

Canal walk & litter-pick  
26/10 - 11.30am

**NOVEMBER**

Soundbath/Breathwork  
02/11 - 12.00pm

Canal walk & litter-pick  
23/11 - 11.30am

**2026**

**DECEMBER**

Soundbath/Breathwork  
07/12 - 12.00pm

Canal walk & litter-pick  
28/12 - 11.30am

**JANUARY**

Soundbath/Breathwork  
04/01 - 12.00pm

Canal walk & litter-pick  
25/01 - 11.30am

**FEBRUARY**

Soundbath/Breathwork  
01/02 - 12.00pm

Canal walk & litter-pick  
22/02 - 11.30am

**2026**

**MARCH**

Soundbath/Breathwork  
01/03 - 12.00pm

Canal walk & litter-pick  
29/03 - 11.30am

**APRIL**

Soundbath/Breathwork  
12/04 - 12.00pm

Canal walk & litter-pick  
26/04 - 11.30am

**MAY**

Soundbath/Breathwork  
03/05 - 12.00pm

Canal walk & litter-pick  
31/05 - 11.30am

**2026**

**JUNE**

Soundbath/Breathwork  
07/06 - 12.00pm

Canal walk & litter-pick  
28/06 - 11.30am

**JULY**

Soundbath/Breathwork  
05/07 - 12.00pm

Canal walk & litter-pick  
26/07 - 11.30am

**AUGUST**

Soundbath/Breathwork  
02/08 - 12.00pm

Canal walk & litter-pick  
30/08 - 11.30am



**Book Soundbath/Breathwork online [www.ataraxia.org](http://www.ataraxia.org)  
No booking required for Canal Walks - see website for details**

