



Monday Morning Mindfulness

Starts

Monday 10th June

9.15-10.15

A free 4 week course

(free crèche places available)

9.15 Breathing for Relaxation

9.25 Shared Resilience Activity

9.40 Relaxation

10.00 Reflection and Refreshments

For further details or to book a place

please contact Diana on 07879485993

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