



Mindfulness Sessions for Parents & Kids

- Breathing Exercises
- Positive Affirmations
- Yoga & Meditation
- Creative Spaces

£12
per session or
£9.99
per session if you buy
monthly membership



SESSION TIMES

Thursday

**0-3yrs with Mum:
9:30am - 11am**

**5yrs - 12yrs:
4pm - 5:30pm**

BENEFITS INCLUDE:



Improved Physical Health



Boosted flexibility



Improved mental health



Supportive community

Sign up on our website:

YPAWELLBEING.CO.UK