



Family Mindfulness Yoga

EASTER
HOLIDAYS
Zoom sessions

Encourage and promote your families mental health during these FREE Zoom sessions. Physical activities will focus on breathing and the use of our five senses.

FREE bookable Zoom sessions

Monday 29th March
10.30am -11.30am

Tuesday 30th March
10.30am -11.30am

Wednesday 31st March
10.30am -11.30am

Thursday 1st April
10.30am -11.30am



The sessions will cover these 5 mindfulness exercises for adults and children

- **Finger breathing** - strengthen your superpowers of focus and calm by taking slow deep breaths as you trace the outline of your hand with your pointer finger
- **Basic Yoga Poses** - very simple Yoga stretches for adults and children
- **Listening Games** - encourages good listening and following instructions
- **Visualisation** - helps children to quiet their mind, relax and get to a state of calm
- **Counting Breaths** - watch how our bodies move when you lie flat and breathe



To book your place

email:

ladywell.cc@lewishamcfc.org.uk

Text or leave a message:

07377 724243

