

# Introduction to Mindfulness

INVITATION TO A FREE TASTER SESSION



Do you ever find yourself feeling frustrated and ignored when you've asked the kids to do something for the 100th time?

What about being unable to trust your instinct and make firm decisions?

Or simply unable to enjoy the time you spend with them?

YOU ARE INVITED TO A  
FREE TASTER SESSION

on Thursday 25th January from 9:15  
- 10:15am in the Key Stage 2 hall.

Following the taster session, we will  
be running a 6-week course for  
parents and carers at Muswell Hill  
Primary School:



## *Introduction to Mindfulness*

– 6 Week Course

\*No charge for  
those entitled to  
free school meals.

**Dates:**

**Thursdays,  
9.15am-10.30am**

**February – 22**

**March – 1, 8, 15, 22, 29**

**Cost: £95\***

**Maximum participants 25**

For more information or to book your place please contact  
[hello@thebreatheacademy.co.uk](mailto:hello@thebreatheacademy.co.uk) or 07970 067197.

Visit [thebreatheacademy.co.uk](http://thebreatheacademy.co.uk).