



ONLINE ZOOM SESSIONS



'EVENING RELAXATION'

Starts Thurs 22nd April 9pm-9.30pm (every week during term time)

INNER PEACE,

DISCOVER YOUR

SOUL...



Join other parents in a relaxed environment for breathing practices and guided visualization to relax the BODY and calm the MIND...

Want to reserve a place? Just go to [BOOKINGS](#) to complete the quick & easy form

Or contact Natalie on 07914 311298

For more information visit www.pestscharity.org.uk or call 020 8571 9954

