

Family Mindfulness Yoga

FREE
Zoom session

Encourage and promote your family's mental health this Children's Mental Health Week with these FREE Zoom sessions. Physical activities will focus on breathing and the use of our five senses.

**FREE bookable Zoom
sessions on**

Monday 1st February
10.30 - 11.30 am

Tuesday 2nd February
10.30 - 11.30 am

Wednesday 3rd February
10.30 - 11.30 am

Thursday 4th February
10.30 - 11.30 am



**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:

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