



# Mindfulness Sessions (online)



## Benefits of Mindfulness

- \*reduces stress and anxiety
- \*helps us to stay in the moment
- \*improves our mood
- \*boosts attention and concentration
- \*helps you address difficult emotions

## Weekly sessions

**(10 weeks starting w/b 4th March )**

KS1 3.45pm - 4.25pm Fridays

KS2 4.30pm - 5.10pm Fridays

KS3 and KS4 5.15pm - 5.55pm Wednesdays

(perfect for the lead up to and through  
tests and exams)

**£3 per child a session (£30 payable up front)**

Message me for more details or to book  
[thekalmingpurplepatch@gmail.com](mailto:thekalmingpurplepatch@gmail.com)

(25 years teaching experience, DBS Registered,  
Mindfulness and Meditation Trained)