



Healthy Minds Online Relaxation sessions



Healthy Minds offers relaxation sessions within schools, the community and charitable organisations.

With most young people unable to go into school and out of their normal routines, they may be experiencing uncertainty at this time.

Come and join our free online relaxation/meditation sessions, suitable for young people aged 12 years and over:

Mondays: 2.00pm - 2.30pm
Wednesdays: 4.00pm - 4.30pm
Fridays: 11.00am - 11.30am

These sessions can help:

- * increase happiness
- * achieve calmness
- * focus on positive thoughts

Parents/carers/teachers are welcome to join in.

Please download the Zoom App for smart phones or for PC visit: <http://www.zoom.us> to set up a free account.

To join each week, please see the following Zoom Meeting ID:

Mondays: 2.00pm - 2.30pm	Wednesdays: 4.00pm - 4.30pm	Fridays: 11.00pm - 11.30pm
ID: 952 - 6886 - 6454	ID: 952 - 8079 - 4025	ID: 974 - 0008 - 8091

To receive the Zoom access password, if you have any questions or would like more information, please contact: info@healthyminds.org.uk

We look forward to seeing you there.

Healthy Minds Team

Romi Mandozzi	Lisa Willis
07812 791783	07908 591682
Director	Director

Email: info@healthyminds.org.uk

[Website](#) [Facebook](#) [Twitter](#) [Instagram](#)



"Healthy Minds is passionate about enriching the lives of all children and young people, teaching them well-being for life tools and techniques, to carry them through their adult lives"

Healthy Minds for Healthy Futures Ltd
Company Registration Number: 12318110
Registered Office: Suite 1B, 18 Crendon Street, High Wycombe, Buckinghamshire, HP13 6LS

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