

Free Mindfulness with York Mind



In these difficult times many people are turning towards Mindfulness to ease stress, anxiety and worry. At York Mind we have five years experience in delivering Mindfulness techniques and our two facilitators, Jo and Mark have come together to offer this virtual 45 minute taster.

The session will be delivered using an on-line virtual classroom and the details are as follows:

- Wednesday 22nd April at 4pm.
- All you need to do is send your name and email address to the address below
- We will send you instructions on how to use the technology and help with this if your require it.
- Please join us for this fun and relaxing session.

To reserve a free space please email training@yorkmind.org.uk

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