



Meditation & Mindfulness Club at Southway Junior School

The lunchtime clubs will be held on a **Friday** at
12.15 and 12.45 after Easter

Learn meditation and mindfulness through games and relaxation.

Mindfulness and meditation benefits everyone but can be especially beneficial for children that:

- ✧ Struggle with their emotions
- ✧ Find it difficult to fall asleep
- ✧ Experience low self esteem or anxiety
- ✧ Lack concentration

If you have any questions or would like to book a space please contact Alison Palmer at Growing with Calm at:

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