



FREE Mindfulness Course for Parents & Carers

Introducing mindfulness in 6 online sessions

Open to **ALL Parents & Carers of BEST students**, this course provides
a taste of mindfulness, exploring key themes and practices
to support you in your everyday life:

- ♥ Improve your sense of wellbeing • cultivate calm and self-compassion
- ☁ Reduce stress and anxiety • learn to manage thoughts and emotions skilfully
- ☀ Be more present and effective • live life more intentionally, less reactively

Tuesday lunchtimes 12.15 - 1.30pm

Taster session: **June 3rd** (all welcome to try, no obligation)

5 Course sessions: June 10th • 17th • 24th • July 1st • 8th

REGISTER HERE

email BEST Mindfulness Coach Will George
wgeorge@bestacademies.org.uk

Places are limited and offered on a first come, first served basis.



Watch the new BEST mindfulness **VIDEO**:
bestacademies.org.uk/mindfulness