



PRACTICAL WAYS TO HELP YOUNG PEOPLE CALM AND CONTROL THEIR MIND

**Learn the importance of self care
Handle and deal with different emotions
Practice wellbeing techniques including Meditation on Stillness
Join us for a supportive, nurturing and relaxing session.**

Online Meditation for Children

**Children 5-11 years old
Weekly, Term Time Only, Wednesdays 6:30pm - 7:00pm**

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**Institute of Pranic Healing
UK & Ireland**

