

# Youth Mindfulness Programme

**Easter retreat dates**, mornings of 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> April 2019

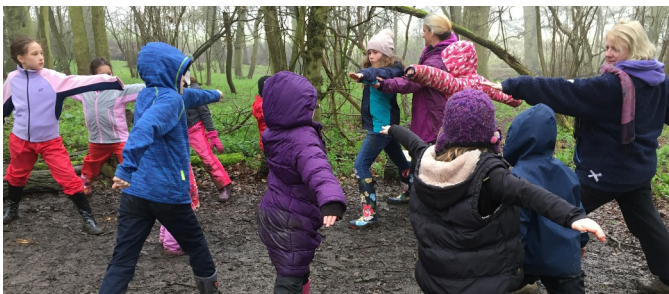
At the beautiful local organic nature reserve near Saffron Walden

Fun, interactive and educational retreat for 5 - 11 year olds exploring everything your young person needs for well-being health and improved sensory awareness



Raising self esteem, reducing anxiety, improving confidence, attention and concentration. As well as increasing compassion and empathy and improving sleep. Only 10 spaces available.

Includes Yoga with children's Yoga teacher Samra Hasanovic + workbook



Family sessions, workshops and other courses also available

[www.nikkiphillips.co.uk](http://www.nikkiphillips.co.uk), email [info@nikkiphillips.co.uk](mailto:info@nikkiphillips.co.uk)

Call 07966 579 345 to book, you can also find me on Facebook