



**PRACTICAL WAYS TO HELP YOUNG PEOPLE
CALM AND CONTROL THEIR MIND**

Learn the importance of self care from a young age

Handle and deal with different emotions

Practice wellbeing techniques including Meditation on Stillness

Join us for a supportive, nurturing and relaxing session

Children's Meditation 5 - 11 years old

Every Monday (Term Time Only)

3:45pm to 4:15pm

**Binfield Parish Council Office, Benetfeld Road, Binfield,
Berkshire, RG42 4EW**

Donations to  MCKS UK PRANIC HEALING Reg: 1188773

To reserve spaces contact Jackie O'Connor 0795 768 0598

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