

Health and Wellbeing weekly meditations

What is mindfulness?

Mindfulness helps you recognise thoughts, create coping strategies and create a calmer frame of mind.

Day: **Tuesday**

Time: **12:30pm - 1:00pm**

Are you interested?

If you are inquisitive to learn more about meditation or you want to deepen your own meditation practice, why not give this group practice ago? please email

l.kenworthy@barnsley.ac.uk for more information!

