

Friday 24th February 2023

Free Meditation Session

Dear families and staff,

We are very lucky to have Emily from 'Meditate With Me' coming to deliver a free half an hour meditation session for parents/carers and staff only.

The session will run in the hall from **4 - 4.30pm on Thursday 30th March.**

Please come to the main reception from 3.45pm so you can grab a space.

Emily has requested the following:

Wear comfy clothing

Bring a cushion/pillow to sit on or a meditation cushion (if you have one)

Bring a blanket

Bring a yoga mat if possible (if not, we have PE mats you are welcome to use)

During this session you will be provided with a brief introduction to meditation, including what it is, where it comes from and how it benefits health and wellbeing. You will be introduced to a meditation practice involving the breath, having the chance to practise this whilst being guided into a state of deep rest and relaxation. Expect to leave the session with a greater sense of calm, inner peace and clarity of mind.

Please complete the **Google form** below if you wish to attend so we have an idea of numbers.

<https://forms.gle/D9tsQwcs84mznFBQ6>

We hope that you can join us for a relaxing session.

Thank you for your continued support,

Miss Cleasby

Vice Principal and Mental Health and Wellbeing Lead