

An Introduction to Mindfulness

What is mindfulness?

What are the benefits for adults and children?

What are the children at Wimbledon Chase Primary School learning about mindfulness and what do they think?

For answers to these questions along with the opportunity to try out some simple mindfulness practices, please book your place for a one hour parents' workshop at 9am on Thursday 27 September 2018.



“The real voyage of discovery consists not in seeking out new landscapes but in having new eyes.” – Marcel Proust