

MINDFUL FAMILY SUNDAYS

WHOLE DAYS DEDICATED TO
WELLBEING & RELAXATION

OCT 21ST, 2018
JAN 20TH, FEB 10TH & MAR 10TH, 2019
10 AM - 6 PM

SOMETHING EXCITING FOR ALL AGES & FAMILIES
HOURLY SESSIONS: CHOOSE WHAT YOU ATTEND!

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MEDITATION TIMES, MINDFULNESS, YOGA
INSPIRATIONAL PRESENTATIONS
SOUND EXPLORATION, GROUP HEALING

KENTISH TOWN, CLEAN BREAK
2 PATSHULL RD, NW5 2LB

WWW.MINDFULFAMILY.CO.UK/
EVENTS