



Mindfulness Mondays

Mindfulness Mondays is a **FREE**, fun & relaxing 4 week group program that gives you the chance to **build skills** in being able to **calm** your mind, develop **awareness** of your **breath**, body, thoughts and **feelings** while incorporating some **yoga** practices.

Who

Young people aged 12 – 25 years

When

Monday 3.30pm – 4.30pm

1st June, 15th June, 22nd June, 29th June

Where

Online

Interested?

Contact Phoebe or Maddy at headspace Werribee on 8001 2366