

Mindfulness

Information on future events on the Mindfulness in Action Facebook page:

https://www.facebook.com/mindfulnessinaction/?epa=SEARCH_BOX

MiSP are doing daily sessions for parents and children at 11 am, and on Tuesdays and Thursdays at 7.30pm

www.mindfulnessinschools.org/misp-sit-together/

The American organisation Mindful Schools has been doing daily sessions which are recorded and available on Vimeo here:

https://vimeo.com/399011866?utm_source=Mindful+Schools+Newsletter&utm_campaign=5d63b1c51a-

[EMAIL_CAMPAIGN_NEWSLETTER_2020_03_19_LIVE30m_COPY_&utm_medium=email&utm_term=0_024a46d2a1-5d63b1c51a-21415528](https://vimeo.com/399011866?utm_source=Mindful+Schools+Newsletter&utm_campaign=5d63b1c51a-EMAIL_CAMPAIGN_NEWSLETTER_2020_03_19_LIVE30m_COPY_&utm_medium=email&utm_term=0_024a46d2a1-5d63b1c51a-21415528)