

MiSP Mindfulness in Schools Project MiSP

www.mindfulnessinschools.org

You are invited to join Mindfulness in Schools Project's daily online mindfulness session. Following the unprecedented general closure of UK schools in a week that has brought uncertainty, confusion and fear to many, our charity is now hosting a daily **'Sit Together'** at **11am every week day**.

We hope that this can help bring care, connection and courage to this moment and the next for the whole community, and invite you to drop in and join us. These sessions will be suitable for anyone, whether experienced mindfulness practitioners or absolute beginners, and will last about 20 minutes. Children and young people will be very welcome if accompanied by an adult.



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If 11am doesn't suit, this week we will also be holding 40 minute sessions for adults only on Tuesday and Thursday at 7.30pm.

Please join us here: <https://mindfulnessinschools.org/misp-sit-together/>

Please do share details with anyone who you think might benefit. If you can't make it tomorrow, just drop in any week day when you can. We'd love to see you there.

MINDFULNESS