



FREE Family Mindfulness and Relaxation Workshop



A fun and interactive
FREE ONLINE ZOOM
session with Tanya from
Relax Kids!

- ⇒ Mindfulness and relaxation techniques for you to fit into your busy lives
- ⇒ Interactive activities for your preschool and primary school aged children with Special Educational Needs and Disabilities

**Saturday
21st
November**

10.30am – 11.30am

Please book your space:

 SwindonSENDERamiliesVoice@outlook.com

 07486 873405



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