

Staff training on Mindfulness – for personal use as well as helping support children individually, in small groups or whole class situations – 8 week session for all staff.

Lovely to see you today.

Our mindfulness journey together on the 8-week Mindfulness Based Living Course will soon be at an end, and I just wanted to let you all know that if you need any support in future, either with your own practice or in starting to share mindfulness with the children, then please don't hesitate to get in touch.

For those of you who may wish to share the journey of mindfulness with a child or children, I'm attaching a PDF copy of my book (it's an early release copy that the publisher has let me have). The official release date for the book isn't til 29th July 2016, but I can circulate it in the meantime in return for an honest review on Amazon or Goodreads. If you read it, then I'd be really grateful if you could please review it (once Amazon and other sites are accepting reviews, from 29/7/16). If the book isn't of interest then I'm not offended in the slightest :-).

Much love,
Heather

Heather MacKenzie