

# Mindfulness Cafe

## Relaxation Classes

Led by Simon from MindfulChimp.com

Email [Simon@MindfulChimp.com](mailto:Simon@MindfulChimp.com) or Text 07807 817343 for more information



### Friday's

**1:00 - 2:00 pm** (Join me for tea & chat b4 and after)

**“No need to book just turn up”**

**Investment: £3.00**

Join us at The Wesley  
Church Centre, St. John  
Street, Chester, CH1 1DA



Guided meditations

Mindfulness

Breathing  
techniques

Visualisations



A space to unwind

Clear the mind

Create a sense of  
peace

Gain clarity

Build resilience



Tea

Chat

Meditation

Fully qualified Meditation Teacher Trainer and sign up to the British School of Meditation code of conduct and ethics.