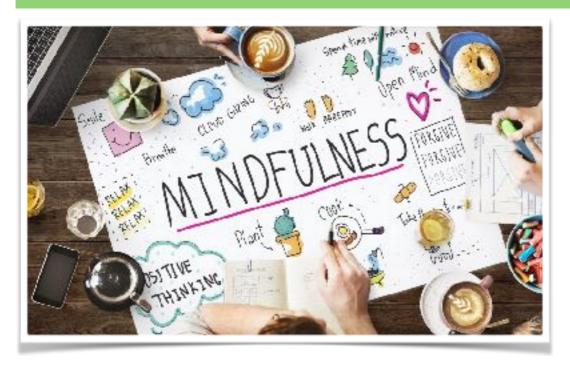
Mindfulness Cafe

Relaxation Classes

Led by Simon from MindfulChimp.com Email 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 The Wesley Street, Chester, CH1 1DA Church Centre 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

