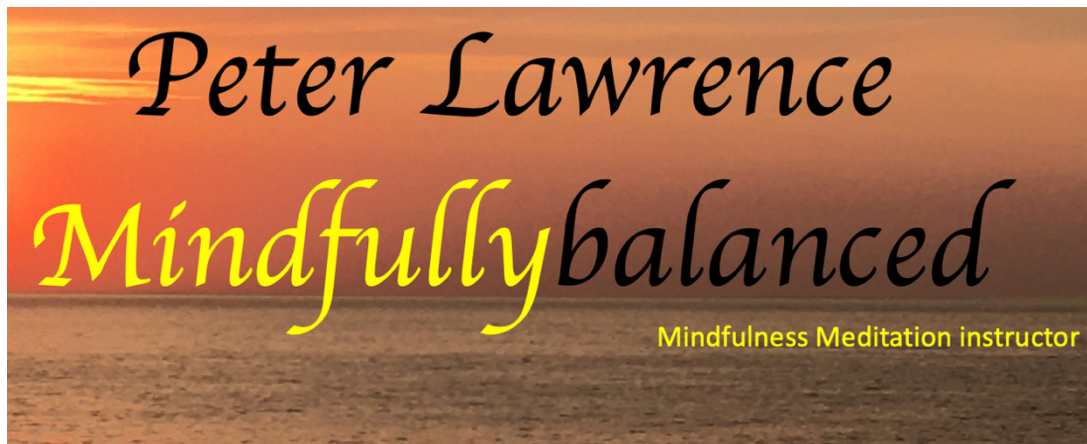


Newsletter 4/2021



Mindfullybalanced.co.uk

Date: 13th March 2021

Contents of this newsletter:

Section 1: Update weekly timetable

A full newsletter will be sent out every two weeks from now on, unless I need to send out important information, plus, as a newsletter I will send out every week an updated timetable for the following week.

Section 1:

Update weekly sessions:

The timetable sessions will change from this week. Please see the times below:

The usual codes for the sessions can still be used.

Monday 15th March - 9am, 8.30pm

Wednesday 17th March - 9am

Thursday 18th March – 6.30pm

Friday 19th March - 9am and 11.30am

There will be **no Saturday or Sunday session next weekend, 20th or 21st March**, as I am on a 'Breathing to help Long-Covid' course. This course has all the up-to-date scientific research on how to breath for

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anyone who has long covid symptoms. They are estimating that about 3 million people may be affected by this at the moment, and there will be more.

After the course, I will need to practice and gain experience before I can properly teach it, and then I will be using the skills in my sessions. If you know of anyone living with this please let them know.

In the next full newsletter 5/2021, I will include a guide on how to become a better nose breather!

Take care everyone.

With kindness

Pete