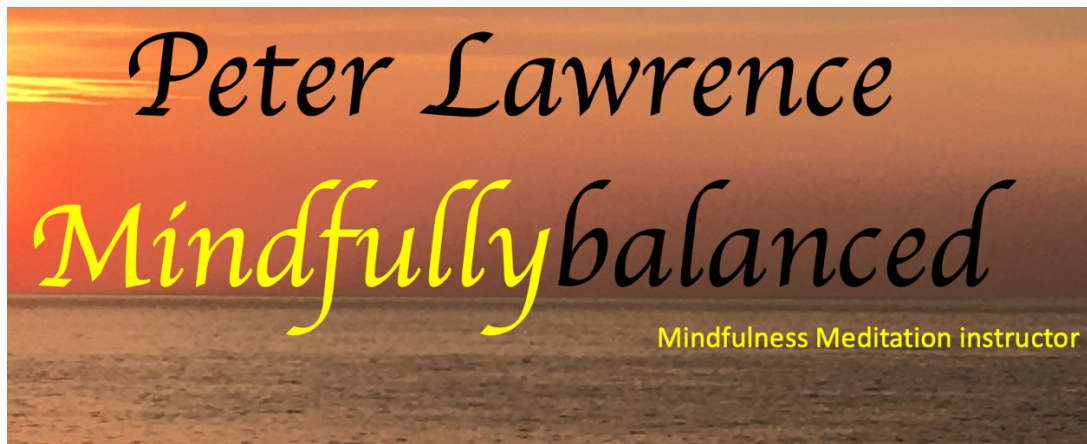


# Newsletter 30/2021



Mindfullybalanced.co.uk

Date: 26<sup>th</sup> September 2021

Contents of this newsletter:

Section 1: **Update weekly sessions:**

**Please note this Newsletter is from Monday 27<sup>th</sup> September until Wednesday 13<sup>th</sup> October**

**Section 1:**

Monday 27<sup>th</sup> September – 9am **and 7.30pm – this is the MBSR course**

Wednesday 29<sup>nd</sup> September - 9am

**There will be an extra session on Wednesday at 6.30pm.**

**There will not be a session until Wednesday 13<sup>th</sup> October at 9.30 due to a holiday.**

**There are meditations and links to youtube Qi Kong Based exercises on my Website.**

**Yay!!! Take care everyone.**

**With kindness**

**Pete**

