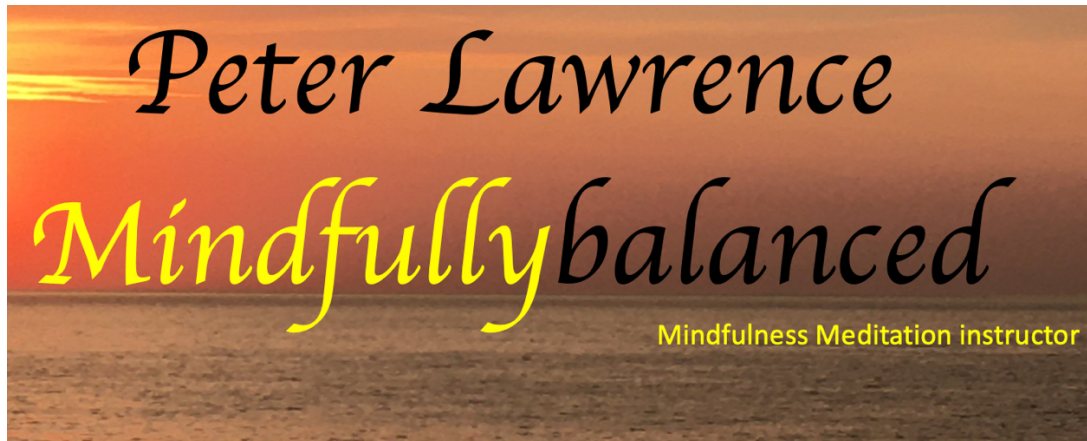


Newsletter 34/2021



Mindfullybalanced.co.uk

Date: 29th November 2021

Contents of this newsletter:

Section 1: Update weekly sessions:

Please see changes to next week's timetable

Section 1:

Monday 29th November – **there will not be a 9am session.** 7.30pm will go ahead

Wednesday 1st December - 9am and 6.30pm

Friday 3rd December – 9am

Saturday 4th December – 11am

Yay!!!

Take care everyone.

With kindness

Pete

