

# LEARN MINDFULNESS WITH SPACE TO BREATHE

A series of free to access Mindfulness sessions in 2024. Part of our Positive Activities partnership with South Yorkshire Housing Association.

## MONTHLY ONLINE GROUPS

### "Monthly Mindfulness"

After a pilot of Mindfulness sessions, we are now going to be running a monthly online workshop called "Monthly Mindfulness." Open to all, this session will look at different aspects of practising and living mindfully and give space for reflection and meditation.

Sessions are free and sixty minutes long. They take place on the last Wednesday of each month.

Dates for the summer term are:

**24th April**

**29th May**

**26th June**

**24th July**

**all at 12.30pm**

Sessions are supplemented by weekly videos you can find on our YouTube channel.

For more information visit  
<https://spacetobreatheuk.com/positive-activities>  
use the QR Code below or  
email  
[info@spacetobreatheuk.com](mailto:info@spacetobreatheuk.com)



(space to  
breathe)



South  
Yorkshire  
Housing  
Association

