



BE ACTIVE

Breathing and Meditation

Days: Tuesdays

Times: 9.30-10am

Location: Online



Breathing and Meditation is learning to relax and learning to integrate the mind and body to reduce any physical sensations that cause discomfort within the body.

Breathing techniques and meditation can help reduce stress, anxiety and negative emotions.

It can reduce physical and psychological tension, calming your emotions and improving focus and concentration.

Please register and book your place online.



mindinbexley.org.uk/recovery/

