



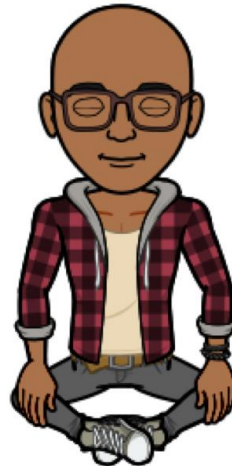
# MINDFUL MORNINGS

Join our FREE morning meditations  
EVERY Wednesday 9.15AM for  
15 mins of silence and calm in the  
Forest School Lammas Enclosure  
W13 9NJ

Begins Weds 5th June till the end of  
school term

- Reduce stress
- Lower anxiety
- Boost energy
- Improve focus
- Increase creativity

[FUTRnow.org](http://FUTRnow.org)



Mental Wellbeing Habits for Kids & Parents