

breathe • engage • nourish • explore • thrive



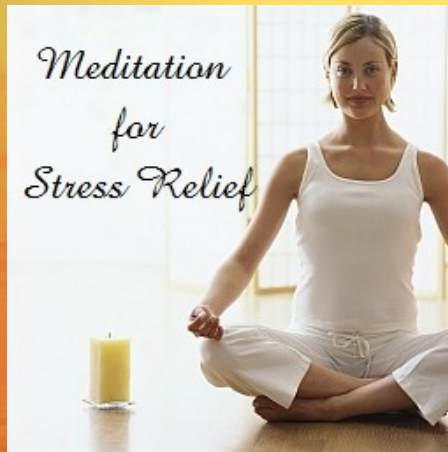
Wellbeing Morning

YPAS Plus South Hub

Lyndene Road

Childwall

L25 1NG



QI GONG



EVERY FRIDAY 10-12

mindfulness frees you to enjoy life

£4 per session

TERM TIME ONLY