

Mindfulness and Art

We all have stress and anxiety in our lives and during exam time students find this can be difficult to manage so come along to one of our

FREE

sessions, using yoga, breathing and positive thought to find ways to help you.

The Fitzwilliam Museum Cambridge

Saturday 16 February

Walking mindfulness

11.00 - 11.30

Yoga and mindfulness

12.00 - 13.00

13.30 - 14.30

Your facilitators are: Samina Khan an experienced therapist and Daniela McDermott yoga teacher. With their friendly approach they will ensure you feel relaxed, welcomed and heard. No previous experience of yoga necessary; suitable for all fitness and physical abilities, just wear comfy clothes!

Book your Free place tel: 01223 332904

or email: education@fitzmuseum.cam.ac.uk

This is part of **SOURCE** Art Exam programme for GCSE, A'Level and BTEC students.

For further details www.bit.ly/sourcefitz