

The Fitzwilliam Museum Cambridge
Mindfulness & Art for Young People

Saturday 15 June 13.00-13.55



We all have stress and anxiety in our lives and sometimes find this can be difficult to manage so come along to one of our sessions, using yoga, breathing and positive thought to find ways to help you.

No previous experience of yoga necessary; suitable for all fitness and physical abilities, just wear comfy clothes!

£5 per person (a double ticket to Resource or Make! £8)

Book your place tel: 01223 332904

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