

Kids Programme Training Dates & Times

(All times are UK time)

Zoom Training Sessions	Zoom Meditation sessions
7-9pm Wednesday 17th May	7-8pm Thursday 18th May
7-9pm Wednesday 24th May	7-8pm Thursday 25th May
7-9pm Wednesday 31st May	7-8pm Thursday 1st June
7-9pm Wednesday 7th June	
one week break	
7-9pm Wednesday 21st June	7-8pm Thursday 22nd June
7-9pm Wednesday 28th June	7-8pm Thursday 29th June
7-9pm Wednesday 5th July	7-8pm Thursday 6th July
one week break	
7-9pm Wednesday 19th July	In the last 3 weeks of the programme, you'll join practice pods with 2 fellow participants and practice guiding meditations. You'll arrange these at a time that suits you.
7-9pm Wednesday 26th July	
7-9pm Wednesday 2nd August	