

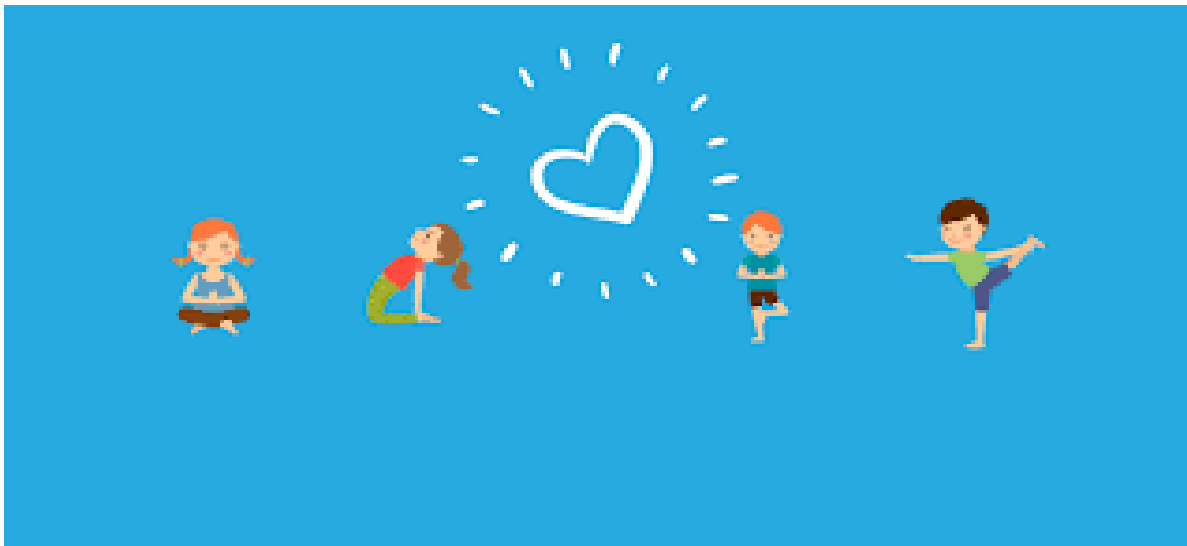


# PESTS



## EARLY YEARS YOGA WITH BECKIE

Beckie is a Children's Well-Being Mentor and Childhood Specialist and children's, adults' and family yoga and meditation teacher. Beckie inspires children to SHINE Brightly and live into the most TRUTHFUL and JOYFUL expression of themselves through her unique combination of mindful movement and meditation.



**When: Weekly**  
**Date: Starting Friday 10<sup>th</sup> September 2021**

To book this session, visit [Bookings](#)

For more information [contact Natalie on 07914 311298](#)

Parents of Ealing Self-help Training Scheme,

Windmill Children's Centre, 135 Windmill Lane, Greenford, UB6 9DZ Tel: 020 8571 9954

Web: [www.pestscharity.org.uk](http://www.pestscharity.org.uk) <https://www.facebook.com/PESTS-Parents-of-Ealing-Self-Help-Training-Scheme-1524305477880389/>

Registered Charity 1043054

