SUMMER EVENTS

BEAUTIFUL NEW BEGINNINGS

Join us for a fun packed Summer Holidays!

FULLY FUNDED/ DONATION BASED

ACTIVITIES FOR ALL THE FAMILY

BOOKING ESSENTIAL, LIMITED PLACES

- pilates in the park
- wellbeing warriors
- woodland journalling
- family mindfulness
- family yoga
- surfers against sewage ocean school
- park family fun & activities
- woodland walk & mini beast hunt
- stand up paddle boarding
- beach yoga & ocean journalling
- theta healing meditation
- childrens yoga
- beach & park wellbeing walks
- buggy walks
- SEND parents coffee evening

and much more!

To book visit: www.beautifulnewbeginnings.co.uk/events or scan QR code. Events will be updated throughout the Summer.