

Train to share / Hyfforddiant i rannu

THE PRESENT DYMA TI!

*The Present is a Well-being and Mindfulness
course for adults and children aged 3-14 years
old*

in a schools' setting

*Cwrs Llesiant ac Ymwybyddiaeth Ofalgar i
oedolion a phlant 3-14 oed mewn cyd-destun
ysgol.*

with **Sarah Silverton**

Wednesday 11th – Friday 13th March 2020

at

**Pentrepoeth Primary School,
Bryn Hedydd,
Newport
NP10 8JN**

Cost: £495 / person.

£110 refund if group numbers reach 20.

Ad-daliad o £110 os bydd y grŵp yn 20 neu fwy.

*For more details and an application form please
contact*

Mwy o fanylion a ffurflen gais ar gael gan

Sarah Silverton

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www.thepresentcourses.org