

Relax,
meditate,
reduce stress
and achieve
complete
calm at

Kitty Calm

AT THE KITTY CAFÉ

Wednesday Mornings
from 10-11am
31- 37 Friar Lane
Nottingham NG1 6DD

www.kitty-calm.co.uk



MindAlive



KITTY
CAFÉ



Love to relax, love cats?



Relax, meditate and enjoy exclusive kitty attention.

Undertake guided meditation with Rachel Jackson, mindfulness meditation and relaxation instructor and colour therapist.

Everyone is welcome, whether experienced or inexperienced in meditation or just needing some quality time and relaxation with the cats.

Starting 5th of September 2018

£12.00 waged. £10.00 Student/under 16/unwaged.

Book your tickets today from:

www.kitty-calm.co.uk or contact direct at
info@mind-alive.co.uk or **07736 330 769**

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