



Mindful Therapies Coronavirus Update 16/3/20

Coronavirus update from Mindful Therapies. In the light of the fear and confusion around coronavirus the Mindful Therapies Centre will remain open for as long as we can.

We believe that the emotional impact of isolation is potentially as significant as the physical impact of coronavirus. While we respect everyone's decision to self-isolate or not, close or not, we will remain open as long as possible.

There is hand sanitiser available at the centre. Please use it when you arrive.

If you believe that you may have been in contact with someone with coronavirus or you are starting to show symptoms then follow government advice and self isolate.

If you choose to self isolate then please do not isolate emotionally. Make sure you have someone to call. Use social media. Meditate from home at the same time as us. And if you know someone is self isolating, give them a call and check in.

Let's stay connected, whatever happens. We need each other more than ever!

