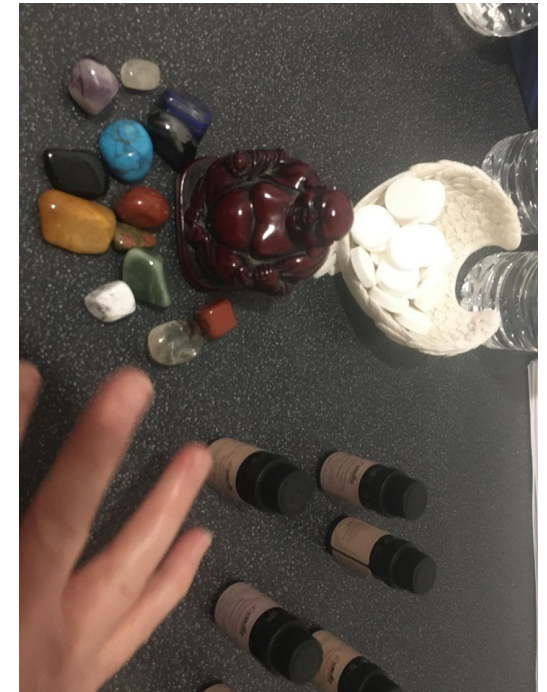


Week 5: Mindfulness & Relaxation



Staff partook in a mindfulness and relaxation session learning about crystals, essential oils and the benefits of guided meditation.

Although it wasn't to everybody's tastes and some people benefitted more than others, it was very interesting to learn about the different ways to relax and enjoy time together as a team.