



Weekly Wellness

Welcome to this weekly online resource. Wellness professional Jo Foster, offers self care tips through her insights on mindfulness and positive psychology, her weekly online yoga classes and nutritious recipe recommendations.

This week we are getting curious about the practicalities of mindfulness in daily life.

Food for thought

Bravery is knowing what disappointment, failure and heartbreak feel like; and knowing that eventually you will fail, but still being "all in". Bravery is walking the tight rope and finding balance, with acceptance in one hand and courage in the other.

This week we explore the mindfulness of acceptance and courage.

[Read more.](#)



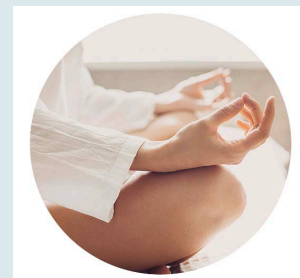
Food for you



3 Ingredient Chai Pudding
by Feel Good Foodie

[Nutrition facts and recipe here](#)

Friday's zoom classes



Join Jo for online yoga classes
Desk based yoga at 12:30 - 13:00
Guided relaxation at 13:00 - 13:15

[Join here](#)