



CHILLAX LUNCHTIME

FOR 16-19 YEAR OLDS WITH PRE-EXAM FEVER

***THURSDAY, FEBRUARY 11TH
12.50-1.50PM ROOM 40
BEAUMONT SCHOOL***

Helping you to ...

"Be Ready for everything"

***YOGA PHILOSOPHY, STRESS BUSTING IDEAS,
MOOD FOODS***

***ANAHATA WILL SHOW YOU TECHNIQUES TO IMPROVE PERFORM-
ANCE DURING EXAMS***

