

[https://mindfulnessuk.com/wp-content/uploads/2021/05/Angie-easing-out-of-lockdown.  
mp4](https://mindfulnessuk.com/wp-content/uploads/2021/05/Angie-easing-out-of-lockdown.mp4)

In this video Angie Ward, our Head of Teacher Training, explains her experiences of coming out of lockdown. For some this is a tricky time but we are all in this together and our team at MindfulnessUK have all had different experiences which we wanted to share with you.