

# TEN MINUTES PEACE

England & Wales · Charity number 1215907

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2025-11-24

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 30 Wood Field  
Parkhill Road  
London  
NW3 2YA

**Phone** 07780675277

**Email** [hello@tenminutespeace.com](mailto:hello@tenminutespeace.com)

**Website** <https://www.tenminutespeace.com/>

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO ADVANCE THE HEALTH AND WELLBEING OF (A) CHILDREN AND YOUNG PEOPLE THROUGHOUT ENGLAND AND WALES AND (B) ADULT TEACHERS AND TEACHING STAFF THROUGHOUT ENGLAND AND WALES, BY PROVIDING TRAINING, ADVICE AND INFORMATION RELATED TO MINDFULNESS, BREATH WORK, YOGA BASED MOVEMENT, GRATITUDE AND MEDITATION PRACTICE, PRIMARILY BUT NOT EXCLUSIVELY IN EDUCATIONAL SETTINGS, TO HELP YOUNG PEOPLE AND ADULTS MANAGE THEIR PHYSICAL AND MENTAL HEALTH.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, The General Public/mankind

## Geography

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- Throughout England And Wales

# Trustees

Name	Role	Appointed
Rachel Anne Bish	Chair	
Anthony David Alexander Omoh		
FREYA BIELENBERG		