

Mindful Me

Let's have fun with mindfulness



TUESDAYS

3.45pm-4.45pm *for ages 5-7 years*

5.10pm-6.10pm *for ages 8-10 years*

Your child will learn how to:

- ★ be more aware in the moment, paying attention to thoughts and feelings without judgement
- ★ develop an awareness of feelings and how to self regulate
- ★ have gratitude, compassion and generosity in everyday moments
- ★ be calmer, worry less and increase overall wellbeing
- ★ increase concentration, focus and develop healthy brain function
- ★ meditate in everyday life using the breath, an object, a body scan and through listening

Pre-requisite for attendance is the ability to sit still

CLASS DATES: (5 week course)

4 June - 2 July 2019

CLASS FEES: \$75 per child (no refunds available)

BOOKINGS & ENQUIRIES:

Phone or text 0410 310 471

Classes held at

Fullarton Park Community Centre

411 Fullarton Road, Fullarton SA 5063

