COURSE INCLUDES:
CD and book for parents,
"Sitting Still Like a Frog"
& home practices

MINDFULNESS COURSE FOR KIDS 8 - 11 YEARS

Young people are often too busy doing and can't find time to just be. They have a head full of anxious thoughts, are easily distracted, often restless and many have trouble sleeping.

Practicing mindfulness may be the answer. In our group Mindfulness Program children learn how to direct their attention, concentrate better and to have patience, friendliness and tolerance towards themselves and others. They learn skills to make it easier to deal with their 'inner weather conditions', and to pay attention to their inner and outer experiences. Our program is the Method Eline Snel – Mindfulness for Children (or Mindfulness Matters!).

DAY: Wednesday's (9 weeks)

DATES: August 30,
September 6, 20,
October 11, 18, 25,
November 1, 8, 15

TIME: 4:00pm to 5:00pm

COST: $3,000

INSTRUCTORS: Angie Bucu &
Sandra Born

LOCATION:
Discovery Bay
Location to be confirmed

Want to know more? Contact Angie Bucu

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+852 90485425

www.ingredientsofwellness.com
visit the **Mindfulness** menu

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