



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



MINDFULNESS COURSE FOR CHILDREN 6 - 8 YEARS

Children are often busy doing too much and have too little time to just 'be'. They may be easily distracted, are often restless and many have trouble sleeping. Where can they find their 'pause' button?

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 toward 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 Method Eline Snel – Mindfulness for Children (or Mindfulness Matters!).

DAY: Monday's

DATES: April 29, May 6, 20, 27
June 3, 10, 17, 24

TIME: 4:45pm to 5:45pm

COST: \$2,000

INSTRUCTOR: Angie Bucu

LOCATION:

Discovery Bay, Mountain View

Want to know more? Contact Angie Bucu

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