

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: (6 week course)

• **29 October - 3 December 2019**

CLASS FEES: \$90 per child per 6 week course
(no refunds available)

All enquiries welcome

BOOKINGS ESSENTIAL

Phone or text 0410 310 471

Classes held at

Fullarton Park Community Centre

411 Fullarton Road, Fullarton SA 5063

