

## MINDFULNESS AND MEDITATION FOR KIDS (4 – 8 YEARS) – 6 WEEK PROGRAM

Hi, my name is Deanne and I am a homeschool mum to three beautiful, crazy boys. I am a certified Reiki Master and meditate almost daily.

For more than 12 months I have run a 5-week toddler's program, a 6-week kid's program and an 8-week teen's program, focusing on body awareness, emotional intelligence, self-esteem, mindfulness and meditation and have been so blessed to see the amazing changes in those awesome kidlets. The feedback from parents has been wonderful and incredibly positive as they are seeing the changes in their children. This brand new program lays the foundations for increased mindfulness and basic meditation techniques for young children aged 4 to 8 years. Using art and craft, discussion, stretching and much more, children participating will have a better connection to their inner selves and the effect that has on the world around them. There is no religious basis for this program and I have attempted to keep it as neutral as I can. Please note, though, that we do discuss and learn a little about the chakra system and mandalas.

I firmly believe that meditation has the potential to change lives and have experienced this on a personal level. The ability to focus our minds, relax our bodies and breathe deeply is a wonderful thing. Much research has been done as to the amazing benefits of meditation, and hopefully, with the skills gained through this program, those who participate will learn some ways in which to calm their bodies and minds.

Cost: \$85 for the full program – please note there is a non-refundable deposit of \$35 per child required to secure your child's booking with full amount payable prior to, or on the first day of the program. Should this be difficult for you, please contact me regarding a payment plan?

### LOCATION: Hastings and Frankston

If you feel that your child may benefit from the program, please click on the following link <https://form.jotform.co/70706846310857>. If you have older children who you feel may also benefit, I will be running a 5-week toddler program, a 6-week kids program for 9 – 12-year-olds and a teens program also. There is a family discount for 3+ children across all programs. Please let me know if you would like details. Should you require any additional information, or wish to call me direct, please contact me either via email, Facebook or on 0437331308

Thank you for your enquiry.

*Deanne Ogden*

