

CREATIVE MINDFUL POSSIBILITIES FOR CHILDREN



A WORKSHOP TO INSPIRE ADULTS:

Enabling teachers, parents, grandparents and health professional to share the precious gift of mindfulness with children. The focus is the 10 core 'Capsules' of Janet's book: 'Meditation Capsules: A Mindfulness Program for Children'. Heart/Mind/Hands-on practices, props and resources will be explored.

CONTENT:

Theoretical background to mindfulness and meditation • Awareness of the body
Stress and its implications for young bodies and minds • Discovering the world of the senses
Observing feelings & thoughts • Creative approaches to meditation

DETAILS:

SATURDAY 2 MAY 2015

8.45am Registration • 9am - 5pm Workshop
Kew Library • Phyllis Hore Room • Cnr Cotham Road & Civic Drive Kew VIC
(Melway Ref 45 D6)
**Morning & afternoon tea supplied, byo lunch.*

BOOKINGS & FEES:

EARLY BIRD RATE \$160 (PAID BY MONDAY 20 APRIL 215) \$190 THEREAFTER.

Bookings via website: www.meditationcapsules.com

**Fees are non-refundable & early booking is encouraged as places are limited.*

*"There are only two lasting bequests we can hope to give our children:
One is roots, and the other, wings." - Hodding Carter.*

FOR FURTHER INFORMATION

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