Mindfulness with Children and their Grownups

Join us for a Fun-filled Mindfulness Craft Workshop

Nurture mindfulness, creativity, and connection with your child!

6-week course starting on Wednesday

Date: 11th October

Time: 3.45pm-4.45pm

Cost: $120 for one child

$180 for two children

Grownups for **free**!

This includes craft materials, use of yoga mats and blankets

Location: Yoga Rotorua, 1192 Eruera street, Rotorua

What to expect:

Join us for a special workshop where children and their grownups can explore the wonderful world of mindfulness together! This interactive and engaging session will introduce families to the practice of mindfulness and creating a craft.

- Learn mindfulness techniques to promote relaxation and emotional well-being
- Learn about the brain and emotions
- Bond with your child through creative and mindful activities, like games, stretches, craft
- Enhance your child's cognitive skills, focus, and attention span
- Foster communication, empathy, and compassion within the family
- Take home a unique craft as a reminder of your mindfulness journey

Discover the joy of making a breathing bracelet, a gratitude jar or a calming sensory bottle with your child. Through crafting and mindfulness, you will engage in a mindful observation of colors, textures, and sensory experiences, fostering a sense of calm and appreciation.

Reserve your spot by contacting:

Email: calmingbox@hotmail.com

Facebook: PM calming box workshop

No prior mindfulness experience required. No religious affiliation. Suitable for children aged 5-12 years old and their grownups. All craft materials will be provided.

Don't miss this opportunity to nourish your family's well-being and create lasting memories! Register now for a great adventure.❤

CALMing BOX

Mindfulness for kids 5-12yrs and their grownups

6-week course
starting Wednesday 11th October
@3.45-4.45pm

$120 one child $180 two children
Grownups join for free!

BOOK TODAY

calmingbox@hotmail.com
FB CALMing BOX Workshop

Yoga Rotorua, 1146 Eruera Steet, Rotorua