



CHILDREN'S MINDFUL MEDITATION CLASSES

address wellbeing through mindful meditation for children

Classes run after school at
'Leschenault CPS' from
3:15pm to 4:15pm and
4.30pm to 5.30pm
Held in the library.
Starting: Tues, 2nd May 2017

To register: please contact
ABBEY on 0423035588 or
abbey.mcgregor@hotmail.com

Price:
\$125; 8 week classes and journal at
end of term
\$25; optional take home CD with
guided meditation done during
Classes

Our lessons and guided
visualisations take
children on journeys into
their imaginations, where
they can be free to relax
away from the worries of
everyday life.

ADDRESSING
WELLBEING
THROUGH
MINDFUL
MEDITATION FOR
CHILDREN

General Lesson Format:
- Lesson Introduction
- Mindful Rainbow Breathing
- Mindful Rainbow Movement
- Mindful Rainbow Games
- Guided Visualisation
- Positive Affirmation
- Reflection Questioning

CALM STILL MINDS
CREATE
CALM STILL
CHILDREN

www.rainbowcrystalconnection.com

10 benefits of 'Rainbow Crystal Connection Children's Meditation Classes'

1. Meditation reduces stress and anxiety.
2. Meditation increases focus, concentration and attention spans.
3. Meditation builds character, self-esteem and confidence.
4. Research shows that meditation/mindfulness can improve attention deficit and behavior.
5. Meditation is non-competitive.
6. Correct breathing increases oxygen to busy brains.
7. Visualisation stimulates parts of the brain that are used for listening, reading, creative writing and other creative pursuits.
8. Positive affirmation promotes 'Calm Children'.
9. Mindfulness promotes awareness of thought and action.
10. Calm still minds create calm still children.