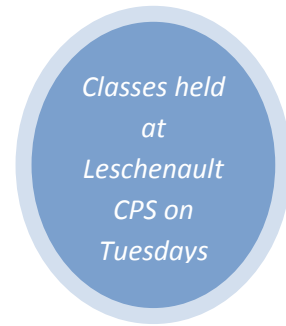




## Meditation for KIDS Term 2 2017



### Top 10 benefits of RCC classes for your child!

1. Meditation reduces STRESS and ANXIETY.
2. Children learn how to truly RELAX.
3. Builds CHARACTER, SELF ESTEEM and CONFIDENCE.
4. Learn Breathing techniques for STRESS RELIEF and to increases OXYGEN in the brain.
5. Meditation is NON-COMPETITIVE.
6. Builds DISCIPLINE of the MIND.
7. Visualising stimulates the BRAIN.
8. Learn to be POSITIVE through AFFIRMATION.
9. Increases CONCENTRATION and FOCUS.
10. *CALM still minds create calm still CHILDREN!*

For more details see

[www.rainbowcrystalconnection.com](http://www.rainbowcrystalconnection.com)

### General Lesson Format

- Lesson Introduction
- Rainbow Breathing
- Mindful Movement
- Guided Visualisation
- Positive Affirmation
- Reflection questioning
- Journaling time
- Rainbow Games
- Partner Massage

**Our lessons and guided visualizations** have been expertly crafted by Primary Teachers Susan Rudd and Kerrie Parry specifically for primary aged children. The visualizations take children on journeys into their imaginations, where they can be free to relax away from the worries of everyday life.

*“Rainbow Crystal Meditation relaxed me and made me calm, in class it made me think of things I haven’t thought of before. Now I hardly get angry and I can control my thoughts.” Girl, age 11*

**Cost to students and Inclusions.** (Children aged 6-12)

**Option 1 \$125.00** Includes 8 Weekly classes and journal.

**Option 2 \$150.00** Includes 8 Weekly classes, journal and take home CD of all visualizations covered in class for home practice.

Classes will begin **Term 2, 2<sup>nd</sup> of May till the 20<sup>th</sup> June 2017**

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### **Enrollment form**

I wish to enroll my child \_\_\_\_\_ GRADE \_\_\_\_\_

In **Term 2** Rainbowcrystal Connection Meditation classes held **Tuesdays from 3.15pm**

Direct Deposit **Abbey Piggott, BSB 736123, Acc 552309**

Signature \_\_\_\_\_ Contact Phone \_\_\_\_\_