

Kaleidoscope Solutions presents a unique and empowering wellbeing programme for Teenagers

Mindfulness Workshops for Teenagers

A comprehensive 8 week programme. Teaching Mindfulness to teenagers in this day and age is proving to be an essential component to living a happy and fulfilled life. Classes are totally empowering and transformational.

TERM 2

WHEN - Thursday 3rd May - Thursday 21st June

TIME - 6pm - 7pm

WHERE - Maungaraki School, Dowse Drive, Maungaraki

COST- \$120 for the 8 week programme

Contact Heather - 021 0225 3254 to register your teen.

www.kaleidoscopesolutions.co.nz

