

HOLIDAY WORKSHOP

ENHANCE YOUR CHILD'S
MENTAL & EMOTIONAL
WELLBEING
WITH
KIDS MINDFULNESS

Boost brain power & focus
Strengthen emotional regulation



'Cultivating Mindful Habits'
Ainee Cha Mindfulness & Self-Discovery Life Coaching

Age 9-12 @ 8th July, 2019
Age 13-17 @ 11th July, 2019

Plunket South City Mall Clinic
9.00-4.00pm
Fee \$70/child

For more information and enrollment:
Contact Ainee @ 021-2016704

<https://www.aineechalifecoaching.com/mindfulness-meditation>
<https://www.facebook.com/aineechalifecoaching/>