

Kaleidoscope Solutions presents a fun, unique
and empowering programme for Children

Mindfulness Workshops for Children

A fun 8 week programme where children will learn; relaxation techniques, how to manage 'feelings', gain self-esteem, confidence and self-love whilst receiving powerful tools and strategies to empower themselves. Developing and strengthening children's emotional intelligence is the heart of this empowering program as children reach their full potential.

TERM 2

WHEN - Saturday 5th May - Sat 23rd June

Littlies (4-6 yrs) - 10am to 11am

Children (7-12 yrs) - 11.30am to 12.30pm

Children (7-12 yrs) - 1pm to 2pm

WHERE - Maungaraki School, Dowse Drive, Maungaraki

COST- \$120 for the 8 week programme

Contact Heather - 021 0225 3254 to register your child

www.kaleidoscopesolutions.co.nz

