

Mindful Kids Retreat

(Grades 2-5)

Join us for a 2 hour Mindfulness Retreat where children will learn, through games and activities, the basic practice of mindfulness.

All kids feel anxious at times, worried about trying something new, have a difficult time focusing, and struggle with the storm of emotions they encounter from day to day. They're often reactive (maybe regretting what they've done or said) and they may be thrown off balance by even typical social interactions. It isn't easy to be a kid in today's world; yet, practicing Mindfulness can give them a tool to help them better navigate the inevitable waves of daily life.

This Retreat will be a fun way to teach and practice a variety of Mindfulness lessons. Parent information will be provided to continue these techniques at home and strengthen their skills.

Date: Saturday 1-30-16 Location: KidTherapy in Martinsville

Time: 1:00 pm to 3:00 pm

Fee: \$70 (Checks made out to Anchored Minds & Bodies, LLC)

Participant Name: _____ D.O.B. _____ Grade: _____

Parent's Name: _____

Mailing Address: _____ Cell Phone: _____

Email Address: _____

See website for more details: www.anchoredmindsbodies.com

