



Meditation Sisters  
Presents Our Signature  
Series Workshop  
*Kids Feeling Calm*



*Come join us for a little fun while learning how to be  
Mindful and Calm.*

The workshop consists of 9 powerful sessions designed to help kids ages 5-11 (parents and teachers welcome) to learn how to focus, be mindful, understand their emotions and how to respond to others in a healthy way. No matter if they want to just learn new skill sets, have autism or other struggles that they would benefit learning new skills to navigate through life's challenges, we would love to have them attend our workshops.

*Here's a quick rundown of topics for each session :*

- ☀ Session 1: The Dove
- ☀ Session 2: The Bee Breath
- ☀ Session 3: Calm in 3 Easy Steps
- ☀ Session 4: A Walk in Nature
- ☀ Session 5: What's Your Weather Like
- ☀ Session 6: The Cozy Castle
- ☀ Session 7: I Spy 5 Things
- ☀ Session 8: Being Kind
- ☀ Session 9: Sounds & Silence

- There are 3 sessions per 1 hour class; Once a week for 3 weeks total.
- Each with their own power point presentation OR boards for visualization practice, depending on the location's offerings
- There will be a short break between each session for water, snacks and to have creative movement, use of restrooms and take care of other needs. This allows for children to re-focus and not become too fidgety.
- All children will receive their choice of a participation prize at the end as a reward
- *Please bring* - A mat, blanket and anything else you feel they may want to stay comfortable, including a stuffed animal. No live pets please.

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