



## Meditation Sisters



## Presents Our Signature Series Workshop *Onward to Adulthood*

*Come join us for self-exploration as we learn how to transition from being a teenager to becoming an adult with Mindfulness and Ease*

The workshop consists of 8 powerful sessions designed to help Teenagers and Young Adults (parents and teachers welcome) to develop tools to navigate into adulthood. Exploring kindness; Tuning into one's self and understanding why we do the things we do, where we are and where we want to be; Visualizing the future and figuring out how to get there in a healthy way. No matter if you are curious and want to just learn new skill sets or have struggles that you would benefit learning new skills to navigate through life's challenges, we would love to have you attend our workshops.

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

- ☀ Session 1: Kindness
- ☀ Session 2: Believe in Yourself
- ☀ Session 3: Think..Feel..Listen
- ☀ Session 4: I Admit...It's Time To..
- ☀ Session 5: I Need To...So I Can..
- ☀ Session 6: I Feel...Because I..
- ☀ Session 7: In Order To...I Must..
- ☀ Session 8: Growing Out Of...Growing Into..

- There are 2 sessions per 1.5 hour class; Once a week for 4 weeks total.
- 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 time to re-focus and contemplate what they just learned.
- ***Please bring*** - A mat, blanket and anything else you feel you may want to stay comfortable.

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