

MINDFULNESS GROUP

Group for Parents / Carers & Children in Darlington



DAY: TUES 24TH JULY 2018

TIME: 11:45AM – 1:15 PM

Mindfulness for children (**reception Class to Year 6**), parents/cares, provides an opportunity to learn to be more mindful together.

In fact, young children are already masters of mindfulness in many ways: Children live through their senses, and are immersed completely in what they do, and experience events as if for the first time.

These are all central attributes that adults re-learn through mindfulness meditation. So, let's learn from our little ones and help them to sustain their mindfulness skills to best prepare them for life.

Come along to our meet and greet session to find out more on Tuesday 24th July at 11:45am, telephone or email us or see our website for further details.

**Mindfulness for
Parents / Carers &
Children**

**A fun, interactive
free 6-week
course**

Summer 2018

**Central Darlington
Location**

Please contact:

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for further info.

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