

MINDFULNESS FOR KIDS

WITH NICOLA



"If every 8 year old in the world is taught meditation, we will eliminate violence in the world within one generation" Dalai Lama

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. Mindfulness can help minimize anxiety and increase happiness. In recent decades it has emerged as a popular mainstream practice, teaching activities that develop compassion, focus, curiosity and empathy. Children are uniquely suited to benefit from a mindfulness practice. Habits formed early in life will inform behaviours in adulthood, and with mindfulness we have the opportunity to teach our children the habit of being peaceful, kind and accepting.

In each session we will practice a variety of tools and techniques to develop a habit and curiosity for mindfulness that we can incorporate into our daily lives, to reduce stress and feel calm, fight off negative thoughts and behaviors and build self-esteem, focus and confidence. For the first time we are offering this course for two age groups: ages 5-7 and Ages 8-10.

About Nicola

Nicola Wakeling, originally from the UK, has been teaching children of all ages for 12 years with a keen interest in child psychology and special educational needs. Over many years she developed a tool-set of mindfulness techniques to use on herself, her family and in the classroom. Most recently, Nicola completed a course to coach EFT, after discovering its effects to be profound for shifting negative energies, stress and anxiety. She wants to give children the gift of mindfulness techniques that they can take with them through to adulthood whilst working to reduce the potential layers of trauma that many of us build up over time. She is a caring, compassionate and a highly sensitive teacher with a strong belief in building resilience, self esteem and empathy.

🌿 **Date:** Wednesdays 12, 19, 26 June

🌿 **Time:** 4pm-4.45pm Ages 5-7
4.45pm-5.30pm Ages 8-10

🌿 **Investment:** AED 70 per class

All prices are inclusive of VAT.

Book your spot now!

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