

Mindful Child



Fridays this Fall
4:15 to 5:15 pm
\$10

September 24th
October 8th and 22nd
November 5th and 19th
December 3rd

Pre-registration and paid tuition
necessary, at least 48 hours in advance.
Space limited to 12 students.
Suitable for ages *app.* 8 to 13—
call to discuss individual child

The New ABCs: Attention + Balance = Compassion

From The Mindful Child (2010) by Susan Kaiser Greenland

Classes incorporate mindfulness-based techniques, including yoga movements, guided meditations, games, and storytelling, all designed to enhance children's ability to attend and focus in the moment, to be compassionate with themselves and with others, to develop healthy habits, and to reduce stress. Research indicates that mindfulness practices are not only enjoyable for kids, but also have a positive impact on "emergent meta-cognition (capacity to think about what they are thinking), on self-regulation, and on overall global executive control" (p. 104). Early research also indicates that mindfulness practices enhance resilience to social, academic, and familial pressures, and support aspects of attention that are compromised in ADHD.

Classes led by Chris Warner (M.Ed., E-RYT)

Friday classes held at the Śānti Yoga studio, 10 Hovey's Pond Drive, West Boxford. Near the Brooks School, on the North Andover line.
Contact Chris for more information, to arrange for off-site programs, or to register to attend the Friday session(s):
(978) 352-8787 or practiceforacure@yahoo.com

www.practiceforacure.org