

Mount St Benedict Centre

449d Pennant Road, Pennant Hills (Entrance via Hull Road)



Children's Meditation & Relaxation Workshop

Saturday 28 October 2017

1.30 pm - 4.30 pm

This fun workshop is for children aged 5-12 years, and aims to build a healthy body and mind. By teaching a variety of simple meditation techniques using breath and visualisation, creating mandalas and moving the body in a conscious way, children are encouraged to find that centre of stillness inside. This can help with anxiety, building confidence and understanding emotions. The presenters are experienced practitioners in the field.

Facilitators : Fiona Borland & Vicki O'Leary

Cost : \$ 30.00 per child
& \$25 for siblings

Bookings by : Monday 23 October 2017

9484 6208 or

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