

## MEDITATION AND MINDFULNESS

# Classes for Children



## MONKEYMIND — COURSE —

FALL SESSIONS 2018

For children ages 4-8 years old  
or anyone who wants to learn  
mindfulness and likes monkeys.

Saturdays Oct 20 - Dec 8, 2018  
9:45 am - 10:30 am or  
12:15 pm - 1:00pm

**COST: \$145 for 8 weeks**  
plus HST total: \$163.85

Martha Hicks School of Ballet  
1660 Avenue Rd. (north of Lawrence)

### TO REGISTER

416.884.9888  
judy@meettheself.com

*To read scientific studies on  
the benefits of meditation  
please check out our website:*  
[www.meettheself.com](http://www.meettheself.com)  
Your map to mindfulness

Chopra Centre  
certified instructor

Judy Reynolds  
and her lovable  
puppet MonkeyMind.



Let's face it, life for the Mars Generation is not going to get slower. Our kids (just like us) can get stuck on the hamster wheel that is modern life.

Children who learn meditation and mindfulness techniques are better able to focus and let go of distractions. Focus is a vital skill that leads to cultivating talents, fulfilling desires, and a happy, conscious life.

Mindfulness also teaches emotional intelligence and resilience. Kids will come away with a mindful toolkit that helps them go from being a reactor (and having emotional meltdowns) to becoming a creator. (Intentionally choosing their thoughts and behaviours.)

Kids love these classes! All lessons are taught in an atmosphere of ease, acceptance and fun!

PARENTS/CAREGIVERS  
MAY ATTEND THE MONKEYMIND  
CLASS FOR FREE!





## MEDITATION AND MINDFULNESS

# Classes for adults and teens at MHSB

Are you trying to live in the past, future and present, all at the same time? Are you living for others and rarely checking in with your self? This is exhausting! With mindfulness training you can let go of this hamster wheel, and tap back into the natural flow of life.

The teen class has a special emphasis on dealing with anxiety, and how to find true self worth independent of external, media-run approval. The adult class will focus on clarity of desire, i.e. remembering what it is you truly want. In both classes, participants will have an opportunity to receive their own individual mantras.

All classes include lessons in mindfulness philosophy, breathing techniques (pranayama), mindfulness coaching, mind/body exercises and a group meditation. You will leave class feeling clear and energized.

There has been an explosion of scientific evidence showing that regular meditation leads to a better immune system, lowered stress markers, and growth in the areas of memory and learning.

*To read scientific studies on the benefits of meditation please check out our website:*

[www.meettheself.com](http://www.meettheself.com)

**Your map to mindfulness**



Judy Reynolds

 **CHOPRA CENTER**  
CERTIFIED INSTRUCTOR

### TEEN MINDFULNESS COURSE FOR AGES 12-15

Sundays Oct 21-Dec 9, 2018  
11:45 am-12:45 pm

**COST: \$145 for 8 weeks  
plus HST \$163.85**

### ADULT MINDFULNESS COURSE AGES 16 AND UP

Sundays Oct 21-Dec 9, 2018  
2:15 pm-3:30 pm

**COST: \$168 for 8 weeks  
plus HST total: \$189.84**

### Martha Hicks School of Ballet

1660 Avenue Rd. (north of Lawrence)

### TO REGISTER

416.884.9888

[judy@meettheself.com](mailto:judy@meettheself.com)

