

Mindfulness, Meditation & More

WORKSHOP FOR KIDS

Kids Pre-K - 3rd Grade (Adult meditation is available with Faith Yurchak at the same time.)

When: Every Wednesday

Time: 6:00 pm - 7:00 pm

Cost: Pay per session: \$20

Pay up front discount:

4 sessions: \$65

Where:

The Intuitive Living Institute,
2 Jungle Hut Road, Suite 1,
Palm Coast, FL 32137



Movement and creativity activities are included to help keep the kids' attention, integrate experiences, and, most importantly, make it FUN!

Benefits of Kids Meditation:

- Improve focus, attention, and concentration
- Help with calming, stress relief and anxiety
- Promote creativity, imagination, and intuition
- Encourage personal development with self-awareness, independence, decision making

**Please register and sign up your child for each session to ensure a spot.*

To Register:

Text Karla at (386) 585-0450

or email: infinitesunshine@gmail.com

Open your camera on your phone and place over this QR code to bring you to the website

