



# EDUCATOR & PARENT WORKSHOPS

## **FULL DAY WORKSHOP**

This one day workshop is designed for educators and parents of children. During the workshop you will learn techniques to calm & relax children & improve their self esteem.

Covered in the day's program:

- \* Breathing techniques and games
- \* Massage games
- \* Guided relaxations & visualisations
- \* Gentle calming stretches
- \* Affirmations

Practical and useful information that can be implemented into your classroom

**COST \$150.00** including Comprehensive Manual, and some Resources

## **TWO HOUR WORKSHOP**

The two hour workshop is delivered as an in-service at your school or centre. During the workshop you will learn techniques to calm & relax children.

Covered in the two hour workshop:

- \* Breathing techniques and games
- \* Massage games
- \* Guided relaxations & visualisations
- \* Gentle calming stretches

**COST \$40.00 per person** (minimum charge 10 people)

### **Some feedback from our workshops:**

'practical ideas were great....easy to use'

'loved the whole day, it was relaxed and informative'

'thank you for a relaxing, friendly, peaceful learning environment -  
keep up the good work'

'very helpful, great ideas that can be used for individuals and groups'

'well constructed presentation and brilliant resources for practical use'

**Upcoming Full Day Workshops (Mt Gravatt):  
Sunday 22nd August 2010**

**Places are limited - book early to avoid disappointment**

For more information, or, to book phone: 3343 3285

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