



Our girls are experiencing a lot at a young age:

Much of what our girls experience 'feels' different simply because we are girls. It is not better or worse, but it is different. I welcome your little one to join a small group of fun-loving and eager girls, as we make it FUN to get to know ourselves better.

Session description:

Using a combination of yoga for kids, meditation/mindfulness, and counselling/coaching, we will address all those life-things that girls of this age group are exposed to; providing them with 'tools' to be happy & strong! Fun exercises, books and discussions to help girls acknowledge their positive attributes, make healthy decisions and develop both socially and emotionally in a fun, loving, and safe environment.

~Another wellness enhancement program developed by JMJ Coaching~

Who?

5-8 year old girls who would benefit from some extra confidence in managing life situations.

What?

-Develop social and emotional skills

-Discuss social media and body image realities

-Enhance self-awareness and healthy decision making

When?

5 weeks- 1 session/week

45 minute sessions

Where? *Saskatoon, SK*

Rates:

\$120 for 5-session series

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