



Explore WITH your child:

Welcoming you (one parent) to join your child, as we make it FUN to get to know ourselves and our relationships better. We will look at becoming more aware and understanding ourselves, then accepting without judgement, and lastly enhance skills needed to feel stronger and happier while working as a team.

Session description:

Using a combination of yoga, meditation/mindfulness, and counselling/coaching, we will address those life-things that a parent and child experience; providing you with 'tools' to be strong, happy and calm.! Fun exercises, books, music and discussions to help families acknowledge their positive attributes, make effective decisions, grow together in this wonderful relationship, learn mindful and calm activities to enjoy. All of this in a fun, loving, and safe environment.

There are enough challenges and worries as a parent and already as a child. Let's work together to invite mindfulness and fun into our everyday.

Who?

One parent and child that would enjoy learning more about living mindfully; together.

What?

-Further develop social and emotional skills

-Practice basic yoga postures and understand its benefits

-Enhance relationships

-Learn coping skills for stress, tension & anxiety

When?

5 weeks- 1 session/week

45 minute sessions

Where?

310 Haslam Cres

Saskatoon, SK

Rates:

\$120 for 5-session series

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