

# **MINDFULNESS & YOGA WORKSHOPS FOR CHILDREN**

**Help your children learn lifelong wellbeing skills!**

## *Why Mindfulness?*

Teaching young children Mindfulness helps them to regulate their emotional state and focus their attention. These skills will serve them throughout their lives.

I organize workshops in French and English in Basel for:

- ✓ Children from age 6 to 12 years and teenagers
- ✓ 45 minutes on average
- ✓ Take home tips and advice for parents & children
- ✓ Programs available for schools or privately (in the comfort of your house)

**Interested – Lets discuss:**

**Alexandra Lejeune**

**[lejeunealexandra@hotmail.com](mailto:lejeunealexandra@hotmail.com)**

**+41 (0)79 536 80 97**

