

Kids Guided Meditation & Creative Drawing Group

A beautiful school holiday activity which takes kids on an adventure into imagination and creative expression. With a different theme for each session, your kids are encouraged to playfully explore and express their beautiful, confident, lovable qualities, while releasing their fears and limitations. They are also guided to connect with their angels, higher self, and other nurturing energies, helping them understand that they are fully supported in every step they take through life. Within an atmosphere of fun, themes are engaged through open discussion, games, and guided meditation adventures. After each meditation, there is an integrative period of creative drawing to encourage kids to express their experiences and insights.

Location... Blackwood, Vic (*for dates listed*) OR Host-at-Home (*see below*)

Date / Time... school holidays ... Thursday April 5, Tuesday July 10, Tuesday October 2

... **age 7-11** ... 10.30am – 1pm

... **age 12-16** ... 2.30pm – 5pm

In most cases, the 11 & 12 year olds can attend the other age-group session if this is more convenient

Fee... \$15 ... healthy snacks provided

This workshop is also available as a 'host-at-home' in the western region.

Your child may be having a birthday or other group activity, such as a 'sleep-over' with friends, and you'd like to incorporate 'something different'. Or you may have a regular parent-child activity group where this workshop may be a fun thing to do. Or maybe you have several kids of similar age, yourself, and would like to give them a 'creative experience'.

Please contact me directly to arrange a home group, and negotiate a suitable fee.

Session Content

April 5th

Discussion & Play... Feeling supported and nurtured by spiritual beings (higher self, angels, fairies, animal spirit guides, imaginary friends, etc) so that they never feel alone... Learn to communicate with their inner spirit and find answers intuitively.

Meditation... Balloon Ride (*kids take a hot air balloon ride to meet an animal spirit guide, and receive support & intuitive information*)

July 10th

Discussion & Play... Opening their hearts to compassion for others (people, animals, nature) helps to reduce their own fears and worries, and allows a greater trust that they will be taken care of. It also allows them to recognize their own inner strength.

Meditation... Super Hero (*kids connect with the super hero within and save the day!*)

October 2nd

Discussion & Play... Being able to recognise the blessings in their lives... Being grateful for the wonderful lives they have... Using the positive energy generated by this to power their ability to achieve goals & wishes & dreams.

Meditation... Fairy Friend (*kids will go flying with the fairies and learn how to achieve their goals more easily*)