

Mindfulness...

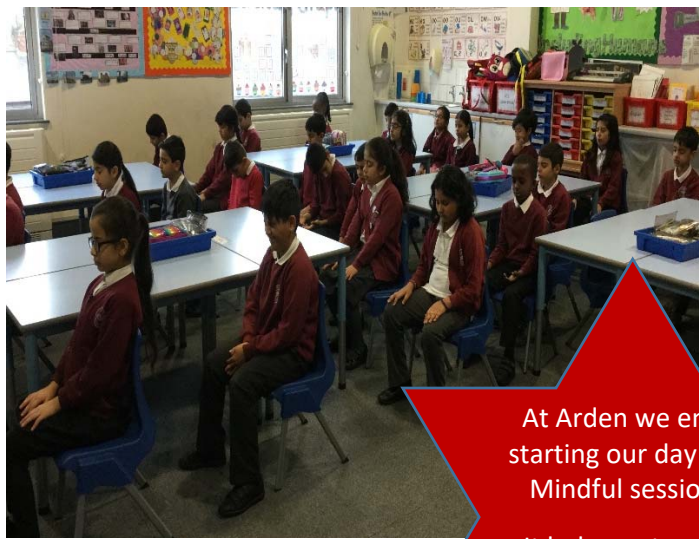
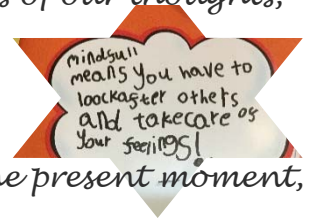
Mindfulness is the ability to be fully present, aware of where we are and what we are doing, and to not be overly reactive or overwhelmed by what is going on around us.

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings and surrounding environment.

Mindfulness has many benefits.

Mindfulness helps us become more aware of what is happening in the present moment, with openness and interest to things as they are.

When we are mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others' well-being.



...and Movement.



Our Movement practices helps children to develop body awareness, learn how to use their bodies in a healthy way, manage stress through breathing, awareness, meditation and healthy movement, build concentration, increase their confidence and positive self-image and to feel part of a healthy, non-competitive group.