

**Mindfulness for Children  
aged 5-10 years  
with Nerissa Fields & Bob Banks  
via Zoom**

**Dates:** Saturday 28<sup>th</sup> November - Saturday 19<sup>th</sup> December

**Times:** 10-11 am

**Cost for course:** £20 or what you can afford

Mindfulness and meditation can help children, and everyone:

- find peace and contentment
- relax and let go of stress
- be kind and compassionate to themselves and others
- work with emotions
- have a more positive approach to life.

This course will introduce children to mindfulness in a relaxed, fun and engaging way. It will be practical with activities you can do in the week and take away with you. We will also practice some yoga at each session.

We ask that a parent or carer attends each session with their child/ children. And we think you'll enjoy doing it together!

Nerissa teaches both yoga and mindfulness and worked for a number of years teaching yoga to children.

Bob has worked with children in schools teaching mindfulness meditation.

To book contact Nerissa: [07984810483/nerissafields@yahoo.co.uk](mailto:07984810483/nerissafields@yahoo.co.uk)

