

CHILDREN'S MAHAT MEDITATION



To best support the children of our world to make a positive difference, the Children's Mahat Meditation program has been created by Melaney Ryan, MRIAC. This program aims to give children a space to come together, learn about energy and support one another in achieving great things in ways that also give back to the Earth and future generations. We aim to empower children to know whole heartedly that they are the future and that their voices are heard, respected and valued.

In this course kids will learn to:

- Bring stillness, balance and harmony to their body and minds
- Apply tools and techniques to help them manage stress, bullying, fear and anxiety
- Ground themselves and anchor their energetic connection to the Earth
- Practice mindfulness to improve focus and attention
- Monitor thoughts and feelings and how to respond rather than react
- Develop intuition
- Honor their greatness with humility and gratitude
- Be empowered by fully occupying their place in life
- Work with mindfulness, monitoring of the thoughts, manifestation, increasing personal magnetism, building intuition and the use of meditation tools such as crystals, visual yantras and chakra cards



Next Course - North Perth

When: Sunday 24th October 2021

1.00pm - 3.00pm

Saturday 30th October 2021

2.00pm-4.00pm

Where: North Perth Yoga Room
5A Blake Street North Perth

Fee: \$155 for one child
\$280 for two children

Course fee includes a take home crystal/tool kit for your child with crystals, chakra cards and acupressure seeds

Licensed Course Facilitators

Annette Riberi and Lisa Galatis

Contact: Annette 0410 345 783 unifiedhealth@mail.com



