



NEW YOUTH MINDFULNESS COURSES

For Children aged 7 - 11

Starting **Sat 26th January (6 weeks)**

Glasthule & Monkstown Locations



Supports children with:

- **Contentment** - Feel happier, calmer and more fulfilled
- **Relationships** - Get on better with others
- **Concentration** - Help focus on the task at hand
- **Anxiety** - Help cope with stress
- **Performance** - Support activities such as music and sport

To book or for further information please contact:

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LITTLE MISS
MINDFULNESS