



Thank you for your interest in my holiday program. These programs are grounded in acceptance and love. Following a fun and interactive format to keep the girls engaged and supporting them to make new friendship bonds. The focus is empowering young girls to deepen their emotional intelligence and build their social confidence as they move into their teens.

The workshops run for 3 hours. 9:30-12:30pm on WEDNESDAY 7TH APRIL.

This school holidays it is held at THE MINDFUL AND CO STORE. 95 Cronulla St, Cronulla.

Please arrive 5-10 mins before the start time so that the girls can get settled and you can see the space. Any questions before or on the day please call me on 0413 356 975.

WORKSHOP ITINERARY

9:30 - 10:30

The girls arrive. Ice breaker games to get to know each other a little better.
Easy Yoga flow focusing on stretches and breathing techniques to help with concentration and ease anxiety and tension.

10:30 - 11:15

Skincare routines & looking after your skin naturally. The girls get to have fun with a crystal facial grid and mask with holistic therapist Nat from IN HAND.

11:15 - 11:45

Morning tea break. Individual morning tea boxes and bottled water/juices provided.

11:45 - 12:30

Creativity sharing Circle. Together we chat about

- happy, healthy friendships.
- Positive self talk and affirmations
- Using journaling and relaxation techniques to better understand emotions and anxiety.

WORKSHOP TICKET PRICE : \$90
PAYMENT BY PAYPAL | CREDIT CARD | DIRECT DEPOSIT

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with children
check ★