



Deepthi's Divine Daivik Diksha

in collaboration with

Yuva Mindfulness



RISE & SHINE

ORIENTATION & MINDFUL PARENTING WORKSHOP

RAISE WITH GRACE: THE POWER OF MINDFUL PARENTING

★ Join us for an introduction to the art of mindfulness and mindful parenting. Discover how mindfulness can transform your life and your child's, fostering deeper connections and a more harmonious home.

EMPOWER YOUR MIND, BRIGHTEN YOUR PATH

★WHAT TO EXPECT:

- Integrative mindfulness practices for daily routines
- Techniques to support your child's emotional and mental well-being
- Tools for creating a mindful family culture
- Personalized feedback and support to enhance your practice

★HIGHLIGHTS:

- In-depth training from certified mindfulness coaches
- Understanding the impact of mindfulness on parenting
- Strategies to enhance emotional regulation for both parents and children
- Interactive exercises and group discussions

YOUR JOURNEY TO AWESOMENESS STARTS HERE

★WHAT YOU WILL LEARN:

- Introduction to Mindfulness
- Monkey Mind
- Our Brain and Neuroplasticity
- Attributes of Mindful Parenting

★JOIN US FOR A FREE DEMO SESSION

Duration: 60min to 90 min

For Enquiries Contact:  7499578804

Mind Full, or Mindful?

