

Foundation Course Syllabus

🇬🇧 English



understand how stress affects the mind, body and emotions



explore the benefits of meditation – brain development, reducing stress and anxiety for all ages.



learn how to create meditation scripts for any age/ability of child/teen



confidence booster techniques to deliver meditations your kids will love



how to adapt the different methods of teaching meditation and mindfulness



develop your intuitive skills to create meditations children will connect with



set up a meditation space suitable for children (from toddlers + to teens)



understand how to adapt meditation for kids of different ages and abilities



easy ways to help young people connect to their breath to reduce anxiety