

Blending Neuroscience and Mindfulness

*Learning, thinking, creativity and intelligence are not processes of the brain alone
.... but of the whole body*



FOR INDIVIDUALS CARING FOR INFANT, TODDLERS AND PRESCHOOLERS

This program is designed to educate, have you experience and give you skills to nurture the developmental process your child needs to cultivate during their first three years of life. The first three years of life are the most significant time, as this is when human beings are building the foundation for optimal brain development, and engaging the brain to continuously transform itself in incredibly flexible ways for optimal health and well-being. These developmental processes build the foundation for their academic, emotional, social and physical intelligences.

This acute time builds the foundation for individuals to be present, connected and secure in all human experiences, coherently active and aware, providing them with the skills to be able to undertake effectively anything in their lifetime.... accessing their limitless potential ☺

I invite you to experience and....

- ✚ Gain an understanding why learning and growing with limitless potential is not all in our head
- ✚ Understand why the first three years are the most natural and significant time for growth externally and internally
- ✚ Discover how to naturally foster joy and pleasure in learning
- ✚ Learn the developmental stages from the moment of conception and how to foster their growth naturally to support lifelong health and well-being
- ✚ Understand how developmental stages and the infant reflexes affect our growth and how we interact in the world.
- ✚ Gain mindful techniques to teach the very young how to regulate their emotions
- ✚ Play with techniques to raise your own awareness as their caregiver to be in alignment with your purpose, joy, happiness and connection to others
- ✚ Experience joy, laughter, inner peace and compassion to self

***For a Free 30 Minute Consultation on how this Innovated Program
CAN SUPPORT YOUR CHILD OR COLLABORATE WITHIN A FACILITY***

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Building a Community on Neuroscience and Mindfulness

Join a passionate, dynamic educational community that fosters multiple ways of knowing... while embracing the uniqueness in all...

