

# Child Meditation Facilitators Training

with optional certification

March 18 & 19, 2017

Gerber Village Asheville, NC



Enjoy a weekend workshop complete with practical skills and supporting philosophy for teaching **guided imagery** and **mindfulness** to **children**. Since this workshop is also broadcast live globally, you will also have access to the recorded training for six months.

Certification options:

Certified Mindfulness Instructor for Children

Certified Guided Imagery Specialist for Children

\$295 (Includes lunch) *Scholarships are available*

## Topics Covered During Child Meditation Facilitators Training

### The Basics

- Creating safe spaces.
- What to expect your first time teaching meditation to children & tips.
- Research supporting meditation.
- Creating original meditations.
- Working with school- aged vs. teens.

### Mindfulness

- What children should become mindful of.
- Mindfulness activities appropriate for all age groups.
- Brain science and mindfulness.
- Establishing and enhancing your own mindfulness practice.

### Guided Imagery

- Waldorf-style storytelling for teaching meditation.
- Meditation based on the five senses.
- Using art to enhance meditation.
- Auras, chakras and understanding subtle energy



Workshop facilitator Sarah Wood Vallely, author of *Sensational Meditation for Children*

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