

# Cool Kids, Calm Families

## Stillness Meditation Program for children ages 6 – 13 years

In response to expressions of interest we are offering open group sessions for children. The stillness sessions will be complemented by reflection time through story and art. This will suit children ages 6 – 13 years.

The sessions will be held at the Stillness Meditation Therapy Centre

**Address:** 146 – 148 Harp Road, Kew

**Time:** 2.30pm – 3.30pm

**Dates:** Saturday October 8<sup>th</sup> and Saturday October 22<sup>nd</sup>

**Cost:** \$20 per session

Bring a friend and/or siblings most welcome

**Bookings & enquiries:** Please contact facilitator, Francine 0400 116 591  
or email [info@stillnessmeditation.com.au](mailto:info@stillnessmeditation.com.au)

**Bookings are essential due to small group requirements.**



**~ Looking forward to seeing you there ~**