

# Time to Awaken My Spirit

...Kids meet up group

Sat, Mar. 31<sup>st</sup>, 2012  
10:30a.m. to 12:30 p.m.  
Children Ages: 8-11  
RSVP

Learn, play + Grow



Karen Fiorucci along with her with holistically minded friends will assist children to explore the deeper meaning in life and to feel special, powerful and connected to spirit. We will engage in circle time, learning ancient ways of healing and coping with perceived stresses in their young life.

Arming them with tools – words and beyond to bring more peace and joy in daily living at school and home...

Kids will experience deep breathing and laughter, yoga, meditation, fun-deep-intriguing discussions and activities for shifting feelings and learning age appropriate methods and tools they can use to make their life feel good and empowered.

This non-for-profit meet up group is here to help children easily distance themselves from fears, sadness, worries, or self-defined limitations.

It's a supportive program for children especially those who are sensitive and have been displaying school avoidance issues, minor mood and sleep disturbances.

**Investment:** By donation to help pay for room and/or supplies \$11.00  
**Where:** Vellore Village Community Rm#5

## Beyond Words Wellness

*Where understanding life is more than words...*

Vaughan, Ontario  
416.579.YOGA (9642)

[www.BeyondWordsWellness.com](http://www.BeyondWordsWellness.com)  
More info see website...

# Time to Awaken My Spirit

...Kids meet up group

Sat, Mar. 31<sup>st</sup>, 2012  
10:30 a.m. to 12:30 p.m.  
Children Ages: 8-11  
RSVP

Learn, play + Grow



Karen Fiorucci along with her with holistically minded friends will assist children to explore the deeper meaning in life and to feel special, powerful and connected to spirit. We will engage in circle time, learning ancient ways of healing and coping with perceived stresses in their young life.

Arming them with tools – words and beyond to bring more peace and joy in daily living at school and home...

Kids will experience deep breathing and laughter, yoga, meditation, fun-deep-intriguing discussions and activities for shifting feelings and learning age appropriate methods and tools they can use to make their life feel good and empowered.

This non-for-profit meet up group is here to help children easily distance themselves from fears, sadness, worries, or self-defined limitations.

It's a supportive program for children especially those who are sensitive and have been displaying school avoidance issues, minor mood and sleep disturbances.

**Investment:** By donation to help pay for room and/or supplies \$11.00  
**Where:** Vellore Village Community Rm#5

## Beyond Words Wellness

*Where understanding life is more than words...*

Vaughan, Ontario  
416.579.YOGA (9642)

[www.BeyondWordsWellness.com](http://www.BeyondWordsWellness.com)  
More info see website...