

Mindfulness! Build a Positive and Happy Life

- * Increase competence, confidence, connection, character and caring
- * Create relaxation and calmness to soothe the self and reduce stress
- * Enhance focus
- * Manage reactions and emotions

The focus of the program:

- * Introduce simple yet powerful concepts of mindfulness for young people to use in their daily life
- * Personal responsibility
- * Social responsibility

Location: Pure Mind Center 7825 Olive Blvd., U. City, MO 63130

This program is open and free to children ages 8 – 13 years old. Donations are welcome. Parent(s) is(are) encourage to participate in this program. Signed activity liability waiver is required.