

OVERVIEW: Mindfulness & Self-Care Club BAAR 2019/2020

Location: Schutzenelstrasse 34g, 6340 Baar

Mindfulness & Self-Care Club: Tweens & Teens

August - December 2019: Semester 1

FOR YOUR CHILD
<ul style="list-style-type: none"> • 8 x 90min sessions with Expert Self-Love Coach & Cognitive Behaviour Specialist • 2 x 120min Deep Dive Mindfulness Workshops on Saturday morning • 2 x 1:1 60min sessions Set Goals & Transform

January - June 2020: Semester 2

FOR YOUR CHILD
<ul style="list-style-type: none"> • 8 x 90min sessions with Expert Self-Love Coach & Cognitive Behaviour Specialist • 2 x 120min Deep Dive Mindfulness Workshops on Saturday morning • 2 x 1:1 60min sessions Set Goals & Transform

One Year Parenting Journey

FOR YOU
<ul style="list-style-type: none"> • 12 x Action & Accountability calls • 12-month access to our GAME CHANGER Practical Parenting Forum

BONUS
<ul style="list-style-type: none"> • 1 x seat Practical Parenting Workshop • 1 x spot in our DEEP DIVE Breakthrough Weekend • 12 x Action & Accountability calls for an additional parent • 12-month access to our GAME CHANGER Practical Parenting Forum for an additional parent