



SKILLBUILDERS GROUP PROGRAMME

MINDFUL MOVEMENT

For Ages 8+

Mindful movement is designed and facilitated by an Occupational Therapist and an adaptive yoga instructor.

This group will teach your child fun, empowering and accessible movement, breath and mindfulness. Mindful movement will help your child practise their fundamental movement skills, manage emotions and meet their sensory needs.

This workshop will include;

- Postures for gross motor skill development.
- Sensory and emotional regulation breath and movement strategies.
- Inclusive games that encourage creativity and imagination.
- Mindfulness and guided relaxation to a sense of calmness.

For more information please contact us on 9332 2223 or 0418 940 946 (Caryn).

