



AWARENESS FOR
PEACE

STILLNESS & CALM

The Art of finding stillness and calm. Teaching relaxation and daily awareness techniques.

Creating body, mind and soul awareness techniques that will transform your daily life from chaos to calm.

Whats involved:

- breath work
- moving meditations
- body movement consisting of Qi Gong & yoga styles
- yoga Nidra
- emotional freedom/tapping
- Energy awareness
- cultivating kindness



mindful movements

“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.”

~William Arthur Ward~

Private session

£55

1-hour session personalised to work on the areas in life that need it most. (from your own home)

monthly block booking £177

Small group sessions

£33 pp

maximum six for 1hour

Large group

£75 to £100

1-hour session (15 to 20 people max)

monthly block bookings £65/87 per session

mini 30 min group session

£55/75

Group workshops

Going deep into unravelling behaviours and patterns in your life that are not serving you. Enabling the healer within, with a deeper awareness of self.

2 hours £200/250



N A M A S T E

WWW.KINDKIDSYOGA.CO.UK

07595668037

@KINDKIDSYOGAMINDFULNESS

@COSMICHEARTSPACE

GEORGIA@KIDKIDSYOGA.CO.UK