

11-13th June TRAINING WORKSHOP ON HEALING CHILDREN AND TEENS THROUGH THE POWER OF THEIR IMAGINATION



NEWS: *First time in Denmark! It's our pleasure to invite you to this extraordinary and long awaited two and a half day workshop on "how to create resilient youth with imagination, mindfulness, and meditation".*

Our teacher is internationally recognized Dr. Charlotte Reznick. Dr. Reznick has dedicated her life to helping children, adolescents, parents, and professionals. She is a child educational psychologist, author of the bestselling book *"The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success,"* and former UCLA Associate Clinical Professor of Psychology.

Today young people seem to experience more stress and anxiety than ever before. The question is, how do we help children and teens develop resilience so they can learn to cope better with everyday life in our rapidly changing world?

What:

In this training workshop you will gain practical insight into how imagination, mindfulness, and meditation can help children and teens achieve self-insight; developing and trusting their intuition to find their own best answers.

Why:

The challenges one faces when growing up in our fast-changing society are enormous. Children need to be equipped with survival and growth skills like never before. One of the most effective ways to reach our youth is to create a safe space and an experience of being greeted from the heart, which can motivate them enough to change and evolve. Through mindfulness, meditation, and imagination, children will not only experience well-being in our technological world, they can realize their full potential throughout their life.

Who:

This workshop is for all adults, parents, and professionals who are interested in how to help children and adolescents thrive. Especially for those working within therapeutic interventions, social relationships, children's yoga and mindfulness, self-development, stress, anxiety and trauma, etc. Parents will also find great joy in learning useful tools to support their child. No experience with visualization and mindfulness is needed, but rather a deep determination to support young people in their development.

Teacher:

Psychologist Dr. Charlotte Reznick is one of the leading experts on how to engage with and develop mindfulness, meditation, and imagination (MMI) for children, teens, and young adults. Charlotte Reznick PhD is a pedagogical psychologist and former UCLA Associate Clinical Professor of Psychology, USA. She is author of the bestseller ***The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success*** and contributing author of the chapter "Imagery as a Therapeutic Tool with Children" to ***Transformative Imagery: Cultivating Imagination for Healing, Change, and Growth***. Dr. Reznick is known for creating *Imagery For Kids: Breakthrough for Learning, Creativity, and Empowerment*, a mindful, positive coping strategy program for children. You can learn more about Charlotte at www.ImageryForKids.com, as well as be inspired by her many different guided meditation CDs.

How:

In this experiential and hands-on workshop, based on research and clinical case studies, we will explore how mindfulness, meditation, and creative imagination strategies can help children gain access to their own inner wisdom. In this way, they can develop and learn to rely on their intuition, find the response which is best for them. and build emotional resilience for the 21st Century.

You will learn tools to motivate children and teens so they learn to:

- * Cope with anxiety and fear
- * Improve their sleeping pattern
- * Increase self-esteem and respect of other people
- * Create well-being with their family
- * Deal with anger, vulnerability, and frustration
- * Deal with death, divorce, and other losses
- * Reduce headaches, tics, and stomachaches
- * and more...

In addition, you will gain insight into the 9 basic tools for how to:

- * Motivate kids to use mindfulness, meditation, and imagination techniques (MMI)
- * Help them to express their feelings and reduce emotional stress
- * Use self-regulation to make MMI more effective

Some of the 9 tools are:

- ❖ The foundation keys - including “balloon breath” and special place
- ❖ Connect with your inner resources and guides – including archetypes like “totem animal” and “wizard characters”
- ❖ Connect with the wisdom of your body – including color and heart healing
- ❖ The energy field – working with energies for healing

Sign up:

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<http://www.lilleyogahus.dk>

Hours:

Thursday and Friday – 09.00-16.00

Saturday – 09.00-13.00

We look forward to welcoming you to Little Yoga House / Copenhagen - Denmark. We invite you to share with those who you believe will enjoy and benefit.



Lille Yoga Hus

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