



PREVENTIVE CARE WORKSHOP

**A Mindfulness and Successful Communication Workshop for Mothers
of Girls ages 8-12 years**

(if your daughter is a bit older or a bit younger, or you are a professional working with girls and/or their Moms, you are welcome too!)

With

Tova Garr (main speaker) -- www.tovagarr.com

Yuko Enomoto (yoga instructor) -- [http://theyogastudioinmagnolia/
instructors.php](http://theyogastudioinmagnolia/instructors.php)

Your Host **Maritza Rivera Gaxiola** -- [http://neuronamaya.wix.com/
santosha](http://neuronamaya.wix.com/santosha)

Date: Sunday July 16

(11 am to 4 pm)

Venue: my home in Magnolia if 10-12 Mothers, somewhere else if more!

AGENDA

During this workshop, we will be taking time to center ourselves, explore our own mindfulness and connection and see how we can bring calm, support and successful communication to our relationship with our daughters

Activities planned:

- * Yoga/movement session
- * Getting to know each other: Introductions
- * Class with Tova Garr: Having the strong relationship you want with your daughter in a changing world (three part class: Instruction, interactive (hands on) and Q&A and any burning issues you may have!)
- * Walking Meditation in the Park : An opportunity to take our learning to a deeper level
- * Future Directions

Lunch will be provided by Homegrown (please let me know if you have special needs/requests)

What aspects will be addressed?

Successful communication NOW, building the foundation for the present and the future:

Teaching healthy boundaries to our daughters (boundaries for themselves, their bodies, their minds, their hearts)

Promoting a fluid, organic transformation of the mother-daughter bond

Being present and learning how to stay relevant so that our daughters choose to come to us -their Mothers - if and when the sh* hits the fan.

Being informed in order to handle the many fears that parents have.

Addressing and hopefully avoiding the "I don't feel loved" and the tech loneliness epidemic among children.

Online safety /the sex talk

COST

\$125 before June 15

\$170 after June 15

(Limited seating)

Please reply to neurona_maya@yahoo.com to RSVP and further information on precise venue and lunch options.

Please mail your check with payment to:
Santosha Neurofeedback & Parent Coaching LLC
105 NE 56th St.
Seattle, WA 98105