



Kid's Brain Gym and Meditation

This program is created to integrate Learning Enhancing Exercises, Meditation and Creative Visualization to help your child improve Reading , Comprehension, Spelling, Mathematics, Writing, Memory, Thinking and Whole-Body Coordination, Self-esteem and Stress Issues.
Ages between 5– 10.

Tuesday 4pm till 4.45pm one week then
Thursday 4pm till 4.45pm the following week

Cost \$ 5 per session/child

Booking essential

Contact Information

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