

Welcome to Mindful Warriors

Online Family Mindfulness and Yoga Weekly Drop-in Workshops

(Mindful Warriors 1) for children 3 – 7 years old

(Mindful Warriors 2) for children 8 – 12 years old

Welcome! We are thrilled to have you join our weekly online mindfulness program

Mindfulness practices are becoming more and more common but are not always easily accessible to children and families. Let It Go Mindfulness Services is changing this by bringing you family-focused workshops. During these workshops, through fun, interactive and engaging activities, you will learn how to bring mindfulness into your daily routines and will develop a greater awareness of your mind and body connection - and your children will do the same.

Parents' involvement

Please have your camera on during the entire workshop. This way, we can monitor your activities and help you and your children do the various movements and postures correctly. It is especially important in an online learning environment that parents demonstrate their interest and excitement when engaging with the activities so your children are also engaged and gain the benefits of these practices.

Zoom meeting information

Zoom has recently been shown to have some security glitches and, at Let it Go! Mindfulness Services, we want to ensure privacy and security for all attendees. Therefore, I have an IT support staff for all sessions. His responsibility is to ensure privacy and security, while making sure technology runs smoothly for everyone during our programs. We will send a different zoom link and password weekly directly to your email and will not be posting this information online. In addition, we use the waiting room to ensure that only registered participants are admitted to the workshop.

We encourage you to speak openly and to feel comfortable sharing and being yourselves as it is a safe and secure environment. If there are any issues with Zoom, there is a chat feature and you can message there in order to get IT support. When you arrive in the meeting “start video” will be on the bottom left of your screen (click on the camera with a line through it). If you would like to see all participants, you can go to “gallery view” (top right of your screen). Otherwise you will only see the person speaking and yourself. We suggest you use your first name only and those of your children with their ages when you join the workshop. Click on the icon “participants” at bottom of the screen to see a list of names including your own. To you name, please add first names and ages of your children.

Weekly Workshop Activities and Handouts:

All weekly activities involve skills you have or objects you have easy access to at home. This includes:

- **Creative arts and sensory exploration**
- **Movement practices (fast and slow)**
- **Guided relaxation**
- **Yoga and massage (partner/group and individual)**

Each week, you will receive information and a brief handout about the different mindfulness practices and techniques we will be learning and exploring together.