

# Discover Balance Workshops

## WHO ARE THE DISCOVER BALANCE WORKSHOPS FOR?

ALL children between the ages of 7 – 12 years old are welcome. Especially gifted or sensitive children and those who are often labelled with learning difficulties/disabilities such as ADHD, autism and dyslexia.

## WHAT IS THE PURPOSE OF DISCOVER BALANCE WORKSHOPS?

They foster the creativity of these children through a series of eight workshops in which they will feel balanced again. By the end of the workshops your child will:

- Feel GOOD about themselves
- ACCEPT their strengths/limitations
- Be able to LEARN more effectively
- Be part of a group of children having FUN together

## WHAT HAPPENS IN THE DISCOVER BALANCE WORKSHOPS?

Each one of the EIGHT workshops:

- Has a different focus: such as creativity, love, compassion and self esteem.
- Focuses on one of the rainbow colours

Activities include:

ARTWORK, PAINTING, CLAY MODELLING, DANCE, SOUND, GAMES, EXERCISES AND MEDITATION.

Children come home relaxed, content and ready to do their homework or what ever they want or need to do.

## PROGRAM INFORMATION

**VENUE:** Kite Studios, Priory Mews, 2B Bassein Park Road, London W12 9RY.

**COST:** £160.00 for a series of 8 (£20.00 each).

**DATES:** 24th, 25th, 26th, 27th, 28th, 29th, 31st August and 1st & 2nd September.

**TIMES:** 4.30 – 5.45pm.

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Georgina Delamain has 11 years teaching and counselling experience with children and adults in the UK, South America, Spain and Australia. She works with children who are not always given the chance to fully be themselves. She encourages them to be really happy about who they are and their amazing abilities and gives them confidence to achieve their hearts desire.