

# Peaceful Parent – Happy Children

## *Afternoon Parenting Class*

Saturday March 9, 2019  
1:00-2:30pm  
\$35

**Registration**  
**Dates:** March 9, 2019 from 1:00pm – 2:30pm  
**Price:** \$35/person

**Registration at:** <https://www.momoyoga.com/lvy/register/>

**Calling all Parents!**  
***Reduce stress and deepen connectivity***  
***Learn skills and solutions to get cooperation from your child***

### What to expect:

Tara will use her experience and training in mindfulness and therapeutic yoga to help you:

- learn how remain calm and help your child remain calm during frustrating struggles and disagreements
- foster your child's confidence, self-esteem, and joy; reducing anxiety and anger
- encourage positive behaviour & habits: make agreements, choices, consequences, and learning from mistakes



### Who this is for:

Parents of school-age children who are interested in learning some skills to help them with common parenting challenges. Even if there's no "problem", these techniques are beneficial for parents of all kinds to learn!



### Benefits:

- Enjoy a deeper connection with your child/children
- Have peace at home – the dinner table, bedtime routines, responsibilities, etc
- Gain and maintain mutual respect

***Invest in this time and come away with new knowledge and skills that will bring peace to your home.***

