



OMMAYSING ME CLUBS

POSITIVE LIVING
HOLISTIC WELL BEING
For Children & Grown ups
CREATIVITY. CALM. CONNECTION

1. SELF ACCEPTANCE & SELF WORTH ~ Social/peer pressure can impact children's lives in many ways. The primary Mission of OmmaySing Me is to inspire children to look within for UNCONDITIONAL self acceptance and self approval.



2. INNER PEACE & HARMONY ~ Stress, anxiety and emotional irregularity can affect all of us, including children. OmmaySing Me teaches tools, including meditation and positive visualisation, to connect to that wonderful place of harmony and CALM that is ALWAYS THERE.



3. LOVE AND COMPASSION ~ REACTING from the place of judgement / anger can fuel many an upset. OmmaySing Me inspires children to RESPOND to life and use their POWER to Empower themselves, be in charge of the way that they show up as loving beings.



4. KINDNESS ~ Virtual and face to face emotional upset can be a concern for parents and teachers. OmmaySing Me teaches children valuable tools to know the power of their every thought, word and actions and to use the POWER of their MINDS and Hearts to make kindness, compassion strong intentions. Instilling the art of responsible sharing.

5. RESPONSIBLE CHOICES ~ Saying No and meaning it, SAYING YES and meaning it... both of these are choices and both of these choices can be easier to make when we are centered and sure of who we are. OmmaySing Me allows children to know the POWER of BEING responsible for their choices and that they are the ones in charge of their own magnificent RIPPLE EFFECT.



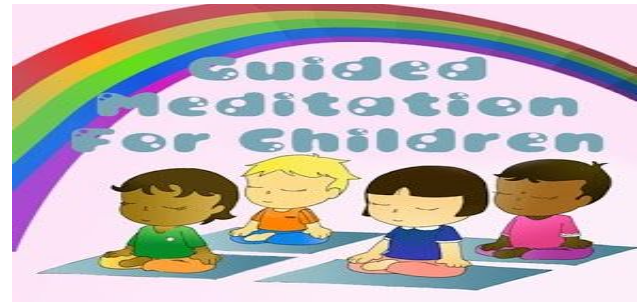


SINGING .
MUSIC . SOUND



CREATIVITY
COLOURING
DANCE
STRETCH

MEDITATION ROUTINE
CHILLOUT STRETCH
SOUND RELAXATION



HEALTHY LIVING
MINDFULNESS GAMES
POSITIVE AFFIRMATIONS & VISUALISATION

OMMAYSING ME CLUBS FOR

NOW AT Brunswick School, Hove, Sussex

DATES & TIMES Jan 11, 18, 25, Feb 1, 8, 15

OMM LEADER Laura Topper

BOOK NOW @ WWW.LAURATOPPER.COM £48

Open for children in years 1 and 2

To know more about OmmaySing Me Clubs and Teacher Training
CONTACT LAURA TOPPER ~ 07787 812 921