



Your MindfulMentor

JESS SIMPSON

YOGA & MINDFULNESS
COACH FOR CHILDREN
AND TWEENS

CONTACT JESS

+41795087601
Rue des volandes, 71, Geneva, 1207
info@yourmindfulmentor.com
www.yourmindfulmentor.com



ABOUT YOUR MINDFULMENTOR

Your Mindful Mentor is a private yoga & mindfulness practice for kids & tweens. We aim to teach children how to live balanced lives through yoga and mindful coaching techniques.

Your MindfulMentor offers,

- *Private or small group yoga sessions for general well being
- *Private yoga therapy tailored for your child's specific needs
- *Workshops for kids & tweens
- *In-school yoga & mindfulness sessions
- *Teacher training on how to bring mindfulness into the classroom

We focus on breathwork, meditation, yoga and various mindful coaching techniques which children are able to take with them throughout their future endeavours. Our children are going to face many challenges in life. It is important to equip them with the skills to become strong, centred and calm individuals, who take each challenge life throws at them in their own stride.

MINDFUL COACHING & YOGA SESSIONS

Yoga & Mindful Coaching session - 80 CHF
Yoga Therapy session - 100 CHF
I AM ME Positive Affirmation cards - 40 CHF

*Buy ten sessions GET ONE FREE

WORKSHOPS

A CONFIDENT ME (AGES 6-8)

6 sessions - 490 CHF

Children will receive certificate on completion and free chakra bracelet

THE MINDFUL TWEEN (AGES 9-12)

6 sessions - 490 CHF

Children will receive certificate on completion and free chakra bracelet

IN SCHOOL PROGRAMS

SCHOOL SESSIONS

No more than 12 children per session @ 250 CHF per hour

*Discounted rate if monthly sessions are booked for school

TEACHER TRAINING - IPHM APPROVED

Basics of yoga & Mindfulness in the classroom

Half day training including material distribution @ 600 CHF