

My Magical Moments

Well-being workshops for children

Author: Juliette Siozac

Synopsis:

Juliette Siozac created well-being workshops for children. Relaxation, breathing, meditation, speaking, games, etc. The objective is to help them to grow-up in consciousness, to deal with their emotions, to let off steam, to develop their self-confidence. Tools to be happy in their everyday life and throughout their life.

Content:

50 workshops of 30 minutes max.

Each workshop offers:

- To explore a theme: 5 senses, colours, imagination, seasons, animals, etc.
- A theme linked to well-being rituals: breathing, yoga, self-massage, artistic expression, etc.



The Author:

Juliette Siozac worked for 11 years in communication before a complete change of career. She now works in the self-help field and created My Magical Moment. Her concept is presented in different countries thanks to ambassadors: France, Switzerland, Belgium, Luxembourg, UK, Spain, Morocco, Tunisia, UAE, USA (East Coast), Canada (Quebec), Chile, Hong Kong and India.

<http://monmomentmagique.com>

Caractéristiques :

160 pages – 140 x 210 mm

RPP: 17,90 €

ISBN : 979-10-323-0388-7

Availability: **May 21st 2019**