



Mindful Movements

Children get their own mats to keep!

8 class session



It's hard to be a child today! Children deal with many distractions, temptations, overstimulation, and peer pressure. With Mindful Movements we combine playful laughter & a sense of adventure so children can learn basic flexibility, coordination, body awareness & confidence. If they are feeling anxious about talking in front of the class or having trouble focusing on their homework, children will unconsciously call upon the techniques taught to them in Mindful Movements.

Benefits

- Increases Strength and Flexibility
- Develops Strong, Limber and Healthy Bodies
- Helps them Relax, Unwind, and Calm Themselves
- Fosters Creative Expression and Imagination
- Helps them Improve Their Focus, Concentration, Attention Span, and Balance
- Cultivates Self-Esteem and Confidence, Setting Patterns of Success and Achievement



- Promotes a Healthy, Active Lifestyle
- Helps them Discover a Sense of Awareness and Respect for Themselves, Others, and The World Around Them
- Improves Their Gross and Fine Motor Skills
- Reduces Stress
- Helps them Sleep Better
- Improves Their Digestion
- Gives them an Alternative to Tuning Out Through Constant Attachment to Electronic Devices



For more information, please contact:

Gina Misticawi @ 404-216-4488 or

gmisticawi@gmail.com



Registration Form

Name of Child: _____ M () F ()
Date of Birth: _____ Age: _____ Class: _____
Name of Parent/Guardian: _____
Address: _____
City: _____ Zip Code: _____
Email: _____ Phone: _____

Is the child currently experiencing any medical conditions (asthma, epilepsy, etc.) that must be known by the instructor?
Please specify here:

If the child is currently taking medications or has serious allergies that should be known in case of an emergency, please list here:

Payment Details

Please make your check payable to Om Ma Mia Fitness, LLC, in the amount of \$175.00. This includes a registration fee of \$30, which includes your child's personal mat. You may join at any time. First payment will be pro-rated if you sign up during the session.

Terms and Conditions

I hereby give consent for my child to participate in Mindful Movements. I hereby release and discharge Gina Misticawi, Om Ma Mia Fitness, LLC, and the hosting facility, from all actions, claims or injuries resulting from my child's participation in this activity. I authorize that pictures may be taken during the sessions to prepare small souvenirs for the children, parents, school, and possibly to be used by Gina Misticawi or Om Ma Mia Fitness, LLC for advertising purposes. I, the undersigned, have read and accepted the above.

Parent/Guardian

Signature

Date

About the Instructor

Gina Misticawi is an E-RYT 200 (Experienced Registered Yoga Teacher) and RYCT (Registered Children's Yoga Teacher) with Yoga Alliance. She has been helping others as a Personal Trainer/Fitness Counselor and Group Exercise Instructor since 1997. After having children and realizing the number of stressors placed upon them, she became a Certified Elevated Grounded Teacher to teach children yoga. She also became certified through Little Mindful Yogis. She teaches children at Buckhead Prep, Findley Oaks, and the Atlanta Athletic Club. She teaches big people at the Atlanta Athletic Club, Mary Our Queen and Burn Bootcamp. Gina and her family are parishioners at All Saints Catholic Church and Mary Our Queen.

