

# CLEAR MINDED FOR LIFE

Clear Minded for Life™ is a program based on the science of the brain. It teaches children to use their breath to clear their mind enabling the ability to focus both inside and outside the classroom.

We know our children's future wellbeing is paramount. Clear Minded For Life™ is for all children everywhere.

## **Clear Minded For Life™**

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The brain is elastic and we know that every breath, every focused thought, every new limitless idea is creating a greater experience and giving children knowledge.

The Clear Minded For Life™ program is designed to assist children to develop the ability to understand their mind, building wisdom and empowering them in their life.

# CLEAR MINDED FOR LIFE



**Meditation, Breathwork & Focus  
for children of all ages**

Clear Minded For Life™ brings students a great sense of calm. Children learn specific techniques to settle their mind and body so they can sleep better, manage anxious moments and adjust their thinking to reflect joy, confidence and love.

Clear Minded For Life™ is unique; it will complement existing mindfulness programs or act as a stand alone program if you are looking to introduce wellbeing initiatives into your school. To further enhance the experience for children a body movement wellbeing program, similar to yoga, is now available as a separate initiative that may fit with your sports curriculum.

## **Clear Minded For Life™**

- Easy to remember techniques that children are inspired to use at school or independently at home.
- Carefully selected teachers who demonstrate great love and compassion.
- Up to date scientific understandings of the brain.
- For all children irrespective of life circumstance, background or ability.
- Lessons are designed to minimize class disruption and focus attention.
- From kindergarten to upper primary, all children are recognized as unique.
- Staff and interactive parent support sessions are included.
- Testimonials show that this works and children love it.

For more information and to discuss introducing  
Clear Minded For Life™ into your school please email:  
[mail@clearmindedforlife.org](mailto:mail@clearmindedforlife.org)

**[www.clearmindedforlife.org](http://www.clearmindedforlife.org)**