

A Guide to Health

Providing an understanding, caring and safe environment to explore and access ways for balance and healing

Meditation in Schools

Giving our kids

- ⊗ coping skills
- ⊗ self esteem and confidence
- ⊗ ways to recognise and balance stress
- ⊗ time out to breathe and enjoy being young
- ⊗ happiness and understanding of themselves

A Guide to Health's mission this year is to introduce these competencies into schools to help encourage a balance to an increasingly busy and competitive life as the children grow older.

Our children are growing and learning about the world, constantly learning about themselves, developing their beliefs and their own experiences that make up the person that they will become.

As technology continues at its progressively fast pace, there is further pressure put on our children to achieve more, to become more employable, to be more competitive, etc.

A Guide to Health's Meditation Courses teach meditations from a variety of sources being different cultures and different techniques, drawing on references and resources that are either scientific based and/or indigenous teachings. A Guide to Health is not affiliated with any one faith or religious group. The variety of techniques are chosen to bring together the many rich cultures of our society to increase understanding and acceptance of themselves and others.

Would you like to help?

Would you like Meditation introduced to your school?

Would you like to become involved in Facilitating? Marketing? Sponsorship?


Please contact us today!

Nutrition ⊗ Meditation ⊗ Relaxation ⊗ Education

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