



## EVOLVING EDUCATION

*A series of workshops for children and the family*



### Yoga For The Family

*"Promoting concentration and confidence through Yoga"*

Nov 24<sup>th</sup> Saturday  
10.30 - 12.30pm



### Mindfulness Through Art

*"A Christmas Art and Crafts workshop for children that develops the power of attention"*

Dec 8<sup>th</sup> Saturday  
10.30 - 12.30pm



### Philosophy for Children

*"Enjoy a morning of stories that promote curiosity, kindness and happiness"*

Jan 26<sup>th</sup> Saturday  
10.30 - 12.30pm

**Booking:** Each morning will involve two workshops and light refreshments

- 10.30 - 11.30am [Workshop for preschool and children aged 4 - 7 and parents]
- 11.30 - 12.30pm [Workshop for children aged 8 - 12 and parents]

For further information:

email: [secondary@johnscottus.ie](mailto:secondary@johnscottus.ie)

phone: 01-6680828

Location

**JOHN SCOTTUS SCHOOL**

Old Conna House, Ferndale Road, Rathmichael, Co. Dublin

*Prior booking at [www.johnscottus.ie/family](http://www.johnscottus.ie/family) is necessary.*