

PPS109 Parents and Professionals for Success presents:

# Parenting With Mindfulness

*A Presentation by Ramaa Krishnan, Meditation Specialist & Self Awareness Teacher*

**Ramaa will deepen our awareness and understanding of mindfulness. This will be a wonderful introduction to the world of mindful parenting:**



- What is mindfulness?
- How can mindfulness strengthen our parenting skills?
- How can we teach our children to be resilient?
- What strategies can we use to address parenting challenges with kindness and wisdom?
- How can we improve the quality of attention we give our children?

Ramaa Krishnan from Full Bloomed Lotus teaches meditation and lessons in self-awareness. Ramaa's teaching style is based in her knowledge of Hindu philosophy, combining analogies from Indian mythology and folklore with her personal experiences from around the modern world.



**Thursday January 24, 2019 @ 7pm  
Shepard Middle School LC**

**This presentation is open to parents of  
District 109 students K-8.**

**Please RSVP with number of attendees in your party:**

[Mindful Parenting Workshop](#)

**PPS109** a parent and educator partnership  
supporting families of special kids

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