

Mindfulness

Age Group: 10yrs-15yrs

What is Mindfulness?

Mindfulness is a moment-to-moment awareness of one's experience without judgment. Mindfulness is a state that can be brought on through practice. It's not static, nor are some people 'born more mindful' than others. It involves awareness, and impartiality about what we gain from this awareness.



Benefits of Group Therapy

Group therapy is a form of psychotherapy that helps people better understand themselves and relate to other people. will become more mindful of their actions and learn how to express and interpret their present environment. You will create positive connections and increase your self-regulation, attention and personal experiences.

Group Therapy

Group Feedback

Connections

Honesty

Practice Interactions

Themes

1. Introduction to Mindfulness
2. Keep Your Eye's on The Prize
3. I think, Therefore, I Am
4. H.A.L.T.E.D
5. Attitude is Everything



Days: Every Wednesday

Price: 2,000/Session

Location: ReACH Psychiatry (The Clinic, 4th Floor)- #319, 7th main, HRBR Layout, Kalyan nagar, Bangalore-43 (Landmark- Above health and glow, opposite Banaswadi Metropolitan club)