



## What is Growing Peaceful Hearts, Minds & Bodies?

*"Preventing conflicts is the work of politics, establishing peace is the work of education."*

*-Dr. Marie Montessori*

Children deserve inner peace. We are not authentically serving our children if we do not address their need for authentic peace. Each Growing Peaceful Hearts, Minds & Bodies lesson has been crafted from a child-development point-of-view. In addition, each lesson is connected to the Common Core Standards. Each lesson has been used and refined in real classrooms. The lessons integrate mindfulness practices, yoga practices, and peace curriculum. The lessons give self-care techniques that will nurture the heart, mind, and body for a lifetime. This WHOLE-CHILD approach is one-of-a-kind. There are three different programs to select from.

Growing Peaceful Hearts, Minds & Bodies Mindfulness & Peace Programs are the following:

- 50 Hour Certification Program
- Peace Out Club Certification Program
- Introductory Peace Course

### *Contact information:*

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