

RELAXATION TECHNIQUES FOR STUDENTS

“AN AFTER SCHOOL PROGRAM”

Program Description:

- ✓ 1 session per week for 4 weeks, approximately 60 minutes per session (can be done in 45-60 minutes)
- ✓ Up to 25 students per class
- ✓ 9-10 different relaxation techniques will be presented/practiced
- ✓ Program can be modified to fit the needs of each group
- ✓ Cost: \$300 for 4 sessions plus \$3 per student for supplies
 - Supplies per student usually include: rainbow ribbon, worry stone, listing of all techniques (how and when to use them), a small bag or box to store these items in, and any other items that represent/remind the student of a certain technique that they can use
- ✓ Parent/Teacher involvement is encouraged and appreciated. It is important that students continue to use these techniques at home and during school. Plus, all techniques are great for adults as well!

Benefits of the Program:

- ✓ **Relieves test-taking anxiety
- ✓ **Helps fall asleep at night or when woken up during middle of night
- ✓ **Relieve anger so that student/child does not act out toward peer, teacher, parent, sibling, etc.
- ✓ Transition between activities or from school to home/homework
- ✓ Relieve any form of stress ~ emotional, mental, physical
- ✓ Techniques can be used anytime/anywhere and throughout life

***per prior students*

What did these prior students say that they liked about the program (per anonymous evaluations)?

- ✓ “We learned a lot of techniques.”
- ✓ “It helped me relax after my day.”
- ✓ “The techniques helped me get less stressed out.”
- ✓ “It helped me relax.”
- ✓ “It was fun and relaxing.”

Who will be presenting?

Wendi Hermsen is a Certified Public Accountant who decided to venture into the field of natural health. She owns and operates Peaceful Spirit, LLC, located at 716 Kimberly Ave in Kimberly. She currently offers classes/seminars on relaxation techniques for both youth and adults.

For those times when you need a little help relaxing, Wendi also offers Reiki energy balancing sessions (deeply relaxing, healthful, and, for some, life transforming!), as well as relaxation and therapeutic massage, and related bodywork services to help ease the stresses of life. She has helped people find ways to cope with past trauma, current stress (including life changes), and just escape to that meditative space that is available to all but can be difficult to access on your own.

Wendi’s passion is to aid the community in positive change and transformation. *“I have a special passion for working with and helping children, which is why I have created and offer this after school program. I look forward to meeting you and your child!”*

To learn more about Wendi, go to www.PeacefulSpirit.biz.... “where healing begins within”.

Peaceful Spirit, LLC
716 E. Kimberly Ave, Kimberly WI 54136
920*540*4114 www.PeacefulSpirit.biz