



South Florida  
**Wellness Network** in collaboration with  
RECOVERY • RESILIENCY • WELLNESS



**AHAM EDUCATION**  
Art of Happiness And Mindfulness  
Academy of the Heart And Mind

## An Introduction to Conscious Parenting

*A Two-Part Experiential Workshop for learning and applying Practical Mindfulness Tools to connect more deeply to yourself and empower your child*

### Session 1:

- ✓ What is a parent's purpose?
- ✓ Who is a Conscious Parent?
- ✓ How is your child Waking YOU Up?

### Session 2:

- ✓ From Unconscious to Conscious Parenting
- ✓ Heart-Mind Tools for a Whole-Brain Child
- ✓ Balancing Love and Discipline with Wisdom



**THURSDAY, SEPTEMBER 8 & 15, 2016, 6.00-8.00pm**

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn

### Location:

South Florida Wellness Network  
2901 W. Cypress Creek Blvd. # 105  
Fort Lauderdale, FL 33309  
Contact: (954) 533-0585

ALL PARENTS ARE WELCOME TO ATTEND!

The Facilitator: Mrs Knellee Bisram is the Founder of AHAM Education, and a qualified Mindfulness Instructor from UCSD's professional training institute, with over 27 years of mindfulness practice. AHAM Education is a US-based NGO empowering youth and at risk populations with evidenced-based social & emotional resiliency programs in the Americas.

**Presence. Positivity. Peace.**