

Connect your Child's

BRAIN & BODY



A choice between casual individual coaching OR group sessions (minimum of 4 participants required)



ENQUIRE NOW

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Child Development Coaching

Make exercise a positive and effective experience for your child

- Uses play and exercise to provide tools and teach useful life skills
- Encourages connection and coordination between mind and body
- Builds confidence and body awareness for a healthy body image
- Reduces worry and stress while improving focus