

Join Central School PTA for an Enlightening Parent Education Event

Parenting with Mindfulness

Presented by Ramaa Krishnan

Healer, Teacher and Founder of Full Bloomed Lotus

Center for Self-Awareness



- What is mindfulness
- Discover how mindfulness can strengthen your parenting skills
- Teach children how to be resilient by being a resilient parent
- Strategies to help respond to parenting challenges with kindness and wisdom
- Improve the quality of attention we give our children

Ramaa Krishnan has spent most of her adult life developing and practicing approaches and techniques to calm the mind. Moving to the US from India in 1998 she began teaching these through personal stories and wisdom lessons from Eastern spirituality. Over time her interest in understanding the human mind led her to study it through a more intellectual Western lens. She now works out of her studio in Wilmette and integrates these many faith traditions in her teachings and practices. In recent years her dream has expanded to bring the knowledge of true peace and mindfulness to different communities and groups to create harmony from grass root levels.



General PTA Meeting

Wednesday, September 12th

9:00 am

Central Elementary School Auditorium



For more info please visit www.centralschoolpta.org