

Business card area



Reverend Irene (Reenie) Panzini is a New Seminary Graduate and Interfaith Minister...meaning she celebrates all religions and sees the beauty and connection in all faiths. She is the founder

of Interfaith Garden (InterfaithGarden.com) a teaching ministry geared toward families with children. She is also the founder of Susquehanna Ceremonies (SusquehannaCeremonies.com), an officiant/celebrant ministry where she creates and officiates over various ceremonies including but not limited to, weddings, baby and child blessings and life celebrations.



Remember!

This is a class for the whole family, grandparents, parents and siblings.

This is **not** a drop off class! At least one adult per family must be in attendance.

For more information and to register go to:
www.InterfaithGarden.com



InterfaithGarden

Office and Mailing Address:

Rev. Irene Panzini
255 Butler Avenue
Suite 202
Lancaster, Pennsylvania 17601

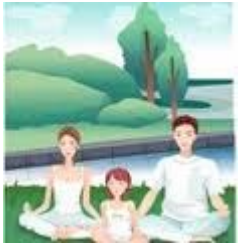
Phone: 717-575-8850
E-mail: RevIrene@InterfaithGarden.com
Www.InterfaithGarden.com

Meditation and
Affirmation Classes for
Special Needs Kids
and their Families



Tel: 717-575-8850

Meditation and Affirmations



Simple meditation techniques for our kids will teach them something far more important than any other lesson ever could.

It will be the most influential exercise of their life as the ability to give deliberate thought and concentration of their own mind will remind him/her how to use the imagination in a focused and positive way. This can only result in a much happier and balanced child. Higher self esteem, improved focus, closer relationships with family members and better health are just a few of the benefits attainable through meditation.

If you're unsure of what an affirmation is, it is a positive phrase that an individual either reads, says out loud or meditates with. using affirmations on a regular basis is a fantastic tool for changing things in our lives including our own self image. Why not use it as a tool for our children? When they hear and/or read the same thing over and over again, the words become part of who they are, just like if a child heard something negative about themselves everyday, it would only

take a short time for them to truly believe that negative thought. Sometimes it's not enough to hear from us that they are perfect just the way they are. Affirmations can be spoken, read or even drawn out symbolically depending on the needs of the person.

Classes

There are many different types of meditation. How many? Who knows, but enough so that you can find the one that's right for you and your child. Here are some types of meditations that we'll try:

- Breath watching. Can meditating be as simple as paying attention to your breath for a few minutes? You bet.
 - Walking meditations. This one gets the body involved. It can be outside or simply as a back and forth pacing in a room. Many of our kids already have a rhythmic movement that soothes them. We'll use what comes naturally to them in order to help them meditate.
 - Mindfulness meditation. Mindfulness is the art of becoming deeply aware of what is here right now. We'll focus on what's happening in and around us moment by moment and become aware of all the thoughts and feelings that are taking our energy. The key to this meditation is to watch without judging or analyzing, and isn't that what our kids already do?
 - Simple mantra meditation. Many people find it easier to keep their mind from wandering if they concentrate on something specific. A mantra can help. This is a word or phrase you repeat as you sit in meditation. It can be said aloud or to yourself. This may be difficult for some of our kids so we'll adapt it using other forms of distraction including a focal point or a fidget.
- We'll conclude each class with an affirmation that you'll continue to use daily until the following session. Some examples are:
- I am beautiful
 - I am perfect, whole and complete
 - I am special, there is no one else like me.

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