

Mindfulness Prescription for ADHD, and for Parents

Cultivate Compassion for Your Child and Yourself

Come discover this method to strengthen attention, manage emotions, and achieve your goals.

Mindfulness has been established as a way to combat stress in everyday life. Parents of children with ADHD experience high levels of stress, which can be helped through these specific exercises of the breath and the body.

We will be following Dr. Lidia Zylowska, MD's mindfulness prescription for cultivating new habits to minimize the negative behavioral effects caused by ADHD. The method of self-care has been proven to be effective to reduce stress, increase focus, and connect you to your loved ones with more kindness.

The facilitators are Carolyn Patterson, MA, Educational Therapist, and Alyssa Tomoff, Certified Martha Beck Life Coach, Kundalini yoga teacher, and Pilates teacher. Through a combination of meditation techniques and movement, Carolyn and Alyssa will guide you to a way to shift your thinking in a calm, purposeful way.

This 8-week course will be held on Sunday afternoons from 4:00 – 6:00 pm. Classes are forming now.

Location: a private residence in Altadena

Cost: \$400.00 per person for the 8-week session

For more information about this method, please see Dr. Zylowska's website,
<http://lidiazylowska.com/about/mindfulness-for-adhd/>

For more information about the benefits of mindfulness practice for everyone, please see this website:
<http://www.helpguide.org/harvard/mindfulness.htm>



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