



Heart-Thoughtful Mindfulness

Workshops for the Homeschool Community

Interactive workshops tailored for each community provide homeschooling parents with a blueprint for fostering heart intelligent, *well rounded and grounded parents and children* to decrease stress and increase positive social behaviors. Strategies used may include Positive Psychology, Mindfulness and Breath-work, Emotional Regulation, and Brain Balancing for parent-teachers to use for their own self-care and share with their children. Research and use in schools and communities across the world show mindfulness habits support adults and children becoming strong and resilient as they develop authentic relationships with themselves and others.

Parents who use Heart-Thoughtful Mindfulness strategies will:

- Be calmer & avoid overwhelm more frequently
- Become more focused & have more energy
- Have the clarity to make effective choices
- Allow learning to happen in the moment
- Let go, relax & enjoy the educational process
- Support their children in being Heart-Thoughtful

Children who use the strategies will:

- Calm their minds and bodies more easily
- Expand their natural abilities to learn
- Become more self-motivated
- Focus and concentrate more readily
- Enhance their academic growth and learning

Comments about Snyder and Rysdon's Book & Workshop

I'm always looking for strategies to help my children return to calm after they are upset. I used two strategies with my 7-year-old son. It made him smile, increased his energy, and he was able to focus when he sat back down. I also am trying to talk about being thankful and grateful more with my children. I believe it's important to learn about and be thankful for all their blessings."

~ **Mara Martin**, Mother of Three

"Upon leaving the Mindfulness workshop, I felt more relaxed, and positive overall. After using some of the techniques with my students, I've noticed more focus, kindness, and positive attitudes in our classroom."

~ **Lisa Montie**

Wellness Champion and Classroom Teacher - Tarpon Springs Fundamental Elementary School

"I really liked the examples and step by step instructions. Easy to understand and put into practice immediately for adults and children alike! Fun for the kids. Thank you so much for providing such wonderful techniques. They actually made me feel calmer and more at peace almost instantly."

~ **Laura Fisher**

Parent and School Volunteer



Mindfulness is simply being aware
of what is happening right now,
without wishing it were different.

~ James Baraz ~

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Jan, a retired educator of ESOL & oral and written communication, is a school volunteer, author, stress management consultant, and hypnotist.

Creating happy hearts and healthy lives!



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Bonnie has a background in teaching and counseling and currently is a professional life coach and author.

Hope, Connection, and Wonder!



Authors of *A Blueprint for Happy, Resilient Parents, Teachers & Kids: The Magic of Heart-Thoughtful Mindfulness*

www.HeartThoughtfulMindfulness.com

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"Two new studies from Yale, Harvard and MIT found that mindfulness may help improve mental health and academic performance in middle schoolers."

~ [www.mindful.org/mindfulness-for-middle-schoolers/](http://www.mindful.org/mindfulness-for-middle-schoolers/) 10/14/2019

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**Fees to be negotiated.**