



Mindful Parallel Learning Programme (MPLP)

Mindful Parallel Learning Programme is designed and delivered by Psychologists to impart Mindfulness to Children.

Various concepts of Mindfulness such as

Observation | Sensitivity | Common Sense | Seriousness | Awareness

are imparted through mindfulness based art, dance & movement based learning, music, writing ...

The sessions are planned in a way that your child gets to communicate his/her ideas & thoughts, express fears, observe behaviour & voice out challenges. Your child is empowered to understand & make decisions by themselves.

This Parallel Learning programme is designed in such a way that it helps them in academics, extra curricular activities, daily routine & address behavioural issues.

Age : 3 yrs & above



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