

WALDON WELLNESS PRESENTS

Mini Relaxation Workshops for Students & Staff
Created and led by former teacher, Erica Waldon

As a former educator, I know firsthand how much kids today need practical tools to calm their minds and bodies. That's why I offer mini relaxation workshops designed to help students learn simple techniques they can use anytime, anywhere.

Each session includes fun, age-appropriate ways to:

- ✨ Breathe through stress
- ✨ Refocus when feeling overwhelmed
- ✨ Relax their bodies and minds
- ✨ Build self-awareness and confidence

Workshop Options:

- 🕒 15-minute session — \$40
- 🕒 30-minute session — \$75



Perfect for classrooms, after-school programs, or small groups.
Let's teach kids how to recharge, refocus, and find calm, one breath at a time.

Erica Waldon | Life & Health Coach

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