



LATEST COURSE BY DESIRE MANTRA

MIND-BODY MAGIC: MOVEMENT, BREATH
& MINDFULNESS FOR KIDS

For kids aged 8–11

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₹5,555/- (Includes lifetime access + bonuses)

**5-session online program
(live or recorded)**





COURSE OVERVIEW:

THIS JOYFUL, SCIENCE-BACKED COURSE HELPS CHILDREN RECONNECT WITH THEIR BODIES, REGULATE EMOTIONS, AND BUILD LASTING INNER CONFIDENCE USING A BLEND OF:

- ✓ Yoga-based movement
- ✓ Expressive dance & music
- ✓ NLP & visualization
- ✓ Pranayama & breath awareness
- ✓ Mind-body games & guided journaling

CREATED FOR KIDS AGED 8–11 YEARS, THIS COURSE TRANSFORMS EVERYDAY STRESS INTO FLOW, CALM, AND CREATIVITY—THROUGH FUN, MOVEMENT-LED LEARNING.





DETAILED COURSE STRUCTURE:



Session 1: Yoga & Emotional Awareness

- GROUNDING YOGA ASANAS FOR POSTURE, BALANCE & CALM
- FUN WARM-UP GAMES THAT ALIGN BODY & BRAIN
- BREATHING TECHNIQUES (BALLOON BREATH, SELF-HUG BREATH)
- EMOTIONAL CHECK-IN & AWARENESS GAME





DETAILED COURSE STRUCTURE:



Session 2: Movement & Emotion

- JOYFUL DANCE FLOW TO UNLOCK STUCK EMOTIONS
- PARTNER/GROUP EMPATHY GAMES (MIRRORING, TRUST MOVES)
- STORY-BASED YOGA (E.G., “RAINFOREST RESCUE” OR “BRAVE WARRIOR”)
- GUIDED COOL-DOWN WITH SOOTHING MUSIC





DETAILED COURSE STRUCTURE:



Session 3: Focus & Calm

- PRANAYAMA PRACTICES: ALTERNATE NOSTRIL & BUBBLE BREATH
- EYE, NECK, AND JOINT ROTATIONS TO IMPROVE FOCUS
- CREATIVE VISUALIZATION: “SAFE PLACE” OR “ENERGY TREE”
- BREATH-TOUCH SYNC: CALMING THE NERVOUS SYSTEM





DETAILED COURSE STRUCTURE:



Session 4: Self-Esteem & Confidence

- GROUP NLP PLAY: “I AM POWERFUL”
AFFIRMATIONS CIRCLE
- MOOD + MUSIC MOVEMENT RITUALS
- ENERGY ZONE ACTIVATION (SOLAR PLEXUS
& HEART ZONES)
- MIRROR CONFIDENCE JOURNALING





DETAILED COURSE STRUCTURE:

🌀 Session 5: Integration & Expression

- CHAKRA MOVEMENT STORY (ROOT TO CROWN)
- KIDS CREATE THEIR OWN MANTRA WITH ART & RHYTHM
- SHARING CIRCLE & JOURNAL PROMPTS
- TAKE-HOME BODY-BASED RITUAL FOR DAILY USE











BONUS MATERIALS (INCLUDED WHEN BOOKED VIA MASTERCLASS):

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 LIMITED-TIME BONUSES FOR ₹5555 COURSE PURCHASE:

-  CHAKRA DANCE VIDEO FOR KIDS – FUN MOVEMENT GUIDE TO MUSIC
-  DAILY EMOTION & GRATITUDE JOURNAL (PRINTABLE) – HELPS KIDS BUILD EMOTIONAL VOCABULARY & SELF-AWARENESS
-  BONUS SLEEP MEDITATION AUDIO – CHILD-SAFE GUIDED RITUAL FOR PEACEFUL NIGHTS
-  PARENT WHATSAPP GROUP – GUIDED SPACE FOR SUPPORT, SHARING WINS & FOLLOW-UPS
-  PARENT HANDBOOK – INCLUDES DAILY AFFIRMATIONS, NLP GAMES, AND HOME ADAPTATIONS
-  LIFETIME ACCESS TO ALL RECORDINGS





WHAT PARENTS & KIDS CAN EXPECT:

-  IMPROVED FOCUS & EMOTIONAL CONTROL
-  MORE JOY, CONFIDENCE, AND CREATIVE EXPRESSION
-  STRONGER BODY AWARENESS & EMOTIONAL VOCABULARY
-  LESS SCREEN-DEPENDENCE, MORE SELF-REGULATION
-  BONDING RITUALS FAMILIES CAN PRACTICE TOGETHER





ABOUT THE INSTRUCTOR – SAKSHI MANDHANA:

WITH 19+ YEARS AS A CERTIFIED TAROT READER, ENERGY HEALER, AND NLP PRACTITIONER, SAKSHI BRINGS A DEEP INTUITIVE UNDERSTANDING OF CHILDREN'S EMOTIONAL WORLDS. SHE'S THE CREATOR OF MULTIPLE TRANSFORMATION PROGRAMS ON DESIRE MANTRA AND SPECIALIZES IN HELPING KIDS UNLOCK THEIR INNER WISDOM THROUGH BODY-LED PRACTICES.





DELIVERY FORMAT:



- LIVE ZOOM OR ACCESS TO RECORDINGS
- DOWNLOADABLE JOURNAL & RITUAL TOOLKIT
- FLEXIBLE FOR WEEKDAYS OR WEEKENDS
- COMMUNITY GROUP ACCESS & CHECK-INS





BEST FOR PARENTS WHO WANT:

- SCREEN-FREE, HEART-BASED LEARNING
- EMOTIONAL HEALING WITHOUT THERAPY
- JOYFUL BODY-BASED MOVEMENT WITH REAL MENTAL HEALTH RESULTS
- A STRUCTURED YET FUN WELLNESS PRACTICE FOR THEIR CHILD

