



EMOTIONAL WELL-BEING for kids

Build a solid foundation to protect the psychological and emotional balance of children

Our care sessions are built on games of the HeartMath® method derived from neuro-cardiological research, energetic exercises in songs and children's meditations.



Program in French and English



| DISCOVER THE HEART AND HOW IT RELATES WITH YOUR EMOTIONS |

Learn how to recognize your emotions and how they impact your heartbeat.

With HeartMath® support games, we will play detective to identify the emotions of joy, sadness, fear, anger and peace.



| LEARN TO APPEASE YOUR EMOTIONS |



Discover cheerful meditations to refocus in your heart, regulate strong emotions and reinstate a sense of safety. Outdoor activities in nature to sustain the sense of wonder and take care of your body.

| RADIATE GRATITUDE |

We will send appreciation and love from our heart to the ones that you love (your family, your friends, your pets) and to the ones who need care.

We will share drawings and stories to grow in the qualities of the heart, while taking care to preserve your natural intuition.



Individual or group sessions
Online & in-person

Rueil-Malmaison (Ile de France)
Ousson-sur-Loire (Centre Val de Loire, France)



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