



# Holistic Kidz™

## READY! STEADY! RELAX!

NI's First Ever Early Years Wellness Co.

### After School Relaxation Classes

Join us this term and enjoy  
Guided Meditations  
Mini Me Mindfulness Activities  
Positive Mindset Techniques and EFT  
Grounding & Breathing Exercises  
And much more!

No.1 Relaxation And Wellness Programs for Children

Orions Club P1- P3

Astras Club P4-P7

All classes are available to book on our website

When you SPARKLE you inspire everyone around you



Online Booking:  
[www.HolisticKidz.com](http://www.HolisticKidz.com)



# Holistic Kidz™

## Ready! Steady! Relax!

Our experienced team of COACHES provide relaxation classes AND outdoor forest adventure camps across Northern Ireland, offering A HUGE SPRINKLE of positivity & fun!

### Hear what our parents have to say

Our daughters inner confidence HAS improved so much last term, I know she looks from the outside like A confident kiddo BUT she'd been holding on to minor setbacks AND negative interactions. I really think Holistic Kids HAS played A part in her new found self belief!



Holistic Kidz NI is a wonderful programme which allows kids the opportunity to have much needed relaxation AND time out from their busy lives. My daughter loves going every week AND this is the only class that she wants to continue to go to term after term.

I wanted to commend you on your provision @ Holistic Kidz AND the delivery of this engaging, active, exploratory camp. It sounds truly wonderful AND Reuben HAS returned home each day rivetted AND entranced by the exciting range of diverse AND stimulating activities that HAS been offered to him. So I think you, AND your team, deserve huge congratulations, endorsement AND affirmation for implementing AND delivering such A bespoke AND innovative programme. Both personally AND professionally, I am so passionate AND voraciously positive in promoting this type of engagement AND learning that you are doing. I am sure it is A massive commitment AND hard work BUT it is clearly so overwhelmingly impactful for the children AND their holistic development. As A parent, I so deeply appreciate it.



### Upcoming Forest Camps

Spooktacular Halloween Camp  
25th-29th of October 10am-2pm Daily  
Weekly explorer £120 Daily explorer £30

Forest trekking & Stream Hopping  
Tree Swinging & Teepee Building  
Mud slide Adventures  
Hot Chocolate & Marshmallows  
Weekly Campfire Pizza Party & Prize Giving  
Halloween themed Activities

### Bookings and enquiries

T: 07802 480 463  
E: [info@holistickidz.com](mailto:info@holistickidz.com)

[www.holistickidz.com](http://www.holistickidz.com)

Outdoor Adventure Birthday Parties  
AVAILABLE ALL YEAR ROUND!