





Elephant Wise News

A JOURNEY TO A MINDFUL LIFE

FILL YOURSELF WITH LIFE

I am Amira Valle, founder of Elephant Wise, LLC where we have developed a simple and engaging program to help children and adults understand and practice mindfulness. The workshops are available for individuals, groups, schools and businesses and are offered in English and in Spanish. This is what our program offers:



Elephant Wise helps you notice more...	You begin to truly pay attention to your body, your emotions and feelings. You get to discover the wonderful things that surround you.
	
Elephant Wise helps you sit still...	You recharge. You get to detach from your worries, your thoughts, your duties and work. You can get to see things with a new eye.
Elephant Wise helps you to pay attention...	You enjoy the little things in life and fill your heart with love and contentment. You see more, hear more, touch more, taste more, feel and think better.
	
Elephant Wise helps you be happier...	You feel more in control over how you react to others and the circumstances around you.

**To schedule a workshop
contact: amiravalle@elephantwise.com**



Overall, mindfulness improves your health. Scientists around the world including the University of Miami in Florida, Emory University in Georgia and Autonomous University of Mexico (UNAM) have learned about the positive effects of mindfulness on the brain.

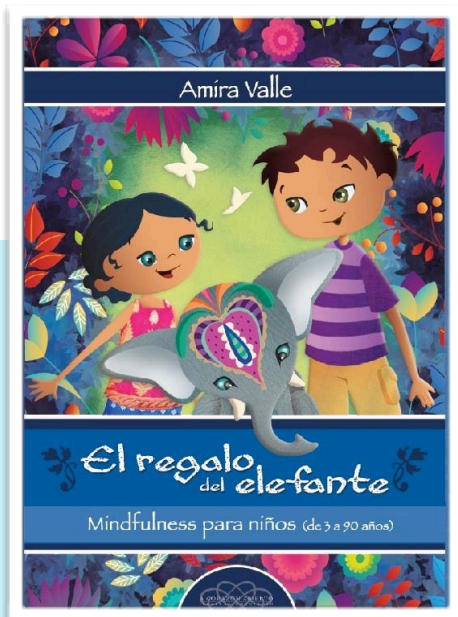
When you practice mindfulness meditation every day, you know how to bring more joy into your life. The younger you practice it, the larger is your opportunity to live a fuller life. Learning mindfulness with Elephant Wise will help you be calmer, productive, creative, friendlier with yourself and others...You'll be fuller inside.



We travel to the USA, Caribbean and Latin America. Just contact us at:



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The Elephant's Gift: Mindfulness for Children continues its success!

GET YOUR COPY!

At: amiravalle@elephantwise.com

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