



BRING TO YOU

Healthy Mind, Healthy Body

A healthy body and mind come hand in hand.

With mindfulness and a healthy diet our bodies can thrive to its fullest potential. We are always expressing the importance of eating healthy foods with children but are they aware of why? And what about the importance of having a healthy mind?



Healthy Mind, Healthy Body is a quality program designed and delivered by Kate, a qualified Nurse, Life Coach, and founder of the Healthy Little Eaters game and Michelle, a qualified Early Childhood Teacher, Kids Yoga Instructor, and founder of Learn Naturally; a social and emotional learning program.

Contact us for more information and how to book a workshop.

Explore and Experience Real Fruits and Vegetables

Children from Kindergarten to Yr 2

Develop and grow the connection between body parts and healthy food

Hands on, Interactive and Fun Activities

Learn Breathing, Yoga and Meditation Skills

Designed and delivered by experienced and qualified professionals

CONTACT US

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