

# Student Mindfulness Presentations

Presented by Trina Markusson

Speaker/Author/Mindfulness Coach/Teacher



Winner of a Moonbeam Children's Book Award and featured online at "Today's Parent", Global TV, CTV and CBC radio.

Mindfulness builds focus / attention skills, and helps kids and adults deal with stressful thoughts and difficult emotions.

Trina will be visiting our school on April 24<sup>th</sup> sharing mindfulness with our students. Students can purchase their own copy for \$15 and all books will be signed by the author.

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