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I HAD SUCH A GREAT EXPERIENCE WORKING WITH CALM KIDS! I CONSULTED WITH AMBER TO BUILD OUT A CHILDREN'S MINDFULNESS PROGRAM. SHE SUPPORTED ME TO CONNECT DEEPLY TO THE INTENTION BEHIND MY PROGRAM AND UNDERSTAND HOW I AM UNIQUELY EQUIPPED TO DO THIS WORK. I WOULD AND HAVE RECOMMENDED HER TO OTHERS.

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CALM KIDS

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CALM KIDS, LLC

- Yoga | Mindfulness | Emotional Wellness -

Contact Us

📞 757-581-4256

🔍 www.1calmkid.com

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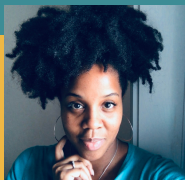
For children and the adults
who guide them

www.1calmkid.com





Calm Kids



Amber W.

Founder & Instructor

Amber is a certified Hatha, children's, and trauma informed yoga instructor with a unique approach focusing on breath work, nervous system regulation and restoration through sound and other somatic practices. Amber is also a certified Anger management educator with 15+ years of experience in community mental health and human services.

Amber's work also creates opportunities for building community wellness and children's programming. She leads trainings on nervous system practices for children, parents, and professionals who guide children; and also consults organizations and individuals on building effective holistic children's programming.

Join the Calm Kids Family

Community, School, Private, & Corporate wellness

Workshops

Private and Group Anger Management

Children's Programming: Signature 8 week Calm Kids Program

Program Consulting

Summer Camps

About Us

Calm Kids was created to be a net to catch the children, families and communities who slip through the mental health system cracks.

We utilize a unique approach:

Calm Kids blends somatic and mindfulness practices such as yoga, sound, and breath-work with fun and grounding educational experiences in order to teach the consumer to discharge stress and tension from their bodies so they can feel empowered to flow through intense emotions.

Benefits Of Calm Kids Programs

Promotes deep relaxation for high stress

Works towards progression not perfection

Management/regulation of nervous system to aid in trauma healing

Encourages emotional exploration and growth

Teaches self-regulation techniques and mind/body awareness

Perks

Mobile classes make sessions convenient

Classes and sessions for adults, children, and adolescents

Train the trainer workshops and wellness encourages sustainable, generational wellness

