



SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

www.shinebrightworkshops.com

At **Shine Bright Workshops**, we are passionate about sharing the wisdom and teachings of **how to create a more mindful, peaceful and stress-free lifestyle for both children and adults.**

We believe, as adults, it is our responsibility to share with children **bite-sized tips and tools** on how to manage stress, anxiety, fear, peer pressure and overwhelm in every day life.

We know the importance of **staying connected to our true selves** as we weave through our busy lives. We strive to teach children and adults how to look within for their **confidence, calming senses, self worth, kindness and compassion.**

Each **Shine Bright Workshop** is unique and can be tailored around a specific topic.

Some of the modules we cover are:

- yoga
- art as a meditation tool
- breathing techniques to manage stress
- journaling
- meditation any time
- discussion and more



If you are interested in having a Shine Bright Workshop at your establishment please contact:
Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com



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ABOUT US



Christine Hajar-Chastanet is a certified yoga instructor for kids and adults. She is a Reiki Master, an Intuitive Life Coach and has her BFA from the Art Institute of Boston. She has been studying energy healing and mindfulness for over 25 years. Christine is a mother of four children and has always been passionate about sharing with all children, the tools of breath work, yoga, and meditation through art, so they can learn to harness their confidence, self esteem and self worth in a very busy world. Contact: christinechastanet@gmail.com



Jane Mollo Singh is a lifelong coach and athlete. Jane earned her certification as a health coach through Institute for Integrative Nutrition in 2011 and is also a meditation guide certified through Boston Buddha Meditation for Everyone™ since 2015. The desire to share this knowledge with others and connect and promote those that do wellness work within our community led Jane to create and organize the Norwood Community Wellness Fair in 2014 and 2016. Jane lives with her husband and two children. Motherhood was the spark that ignited the flame to learn more about healing bodies naturally when possible. Contact: janemollosingh@gmail.com



Marie Seery, Masters in Ed. Integrative Nutrition Health Coach
Marie Seery, M.Ed., has a passion for inspiring young children to read, write and journal their own ideas and thoughts. Her training and experience as an educator for the city of Boston, coupled with her holistic approach to nutrition and well being, allows her to guide and mentor children and their families to make needed changes in their health and wellness. Contact: mkmpon@msn.com



Soni Sayana, A Network Engineer with a bachelors from RIT, Rochester, NY and masters from Cornell University, Ithaca, NY. Worked for over 17 years in IT with Fidelity Investments and retired from corporate in 2012. Raja Yoga meditation student since 2011 and provide Peace of Mind Meditation services to the Westwood and Norwood communities. Mother of two middle school boys in Westwood who also practice Raja Yoga meditation. Part of the Shinebright team focusing on increasing children's self-esteem by having them look at their own inner qualities, enabling them to reach their full potential. Contact: sonisayana@gmail.com

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WHERE WE TEACH

- Shine Bright hosts workshops for adults and children at The Center at Westwoods.
- **We present in schools to staff**, how to bring mindfulness into the classroom.
- **We present in the classroom to children**, bite size steps to decrease anxiety, fear and stress and promote calmness, self confidence, empowerment, kindness and compassion.

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TESTIMONIALS

From the 5th graders at the Sheehan Elementary School after our Anxiety Around Test Taking and In Every Day Life Workshop.

I liked the tapping

I liked superheroes

I enjoyed the yoga mats

I liked everything because all the people were so nice and calm.

I liked the meditating

I liked the breathing

I liked the hand yoga mat

I liked the superheroes

The mats and gold water was pretty cool

I really liked the tapping and I also like the breathing and counting thing!

I liked Meditation!

I liked how we learned all of these new strategies

I liked breathing it really calmed me down

I loved the whole thing so just keep doing what you love. :)

I like the superhero stuff

I liked when we did the superhero cards

Superhero

I liked that it was calm

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FAQ's

1. Are there any schools around here that have done this workshop and do they have reviews of the workshop?

Yes, we have had repeated sessions in each school listed below. We can provide you with contact information upon request, if you would like to hear their feedback and classroom experience with Shine Bright Workshops.

Downey Elementary School, Weswood
Sheehan Elementary School, Westwood
Bennet-Hemmenway, Natick
Memorial Spaulding, Newton
Oldham Elementary School, Norwood

Private Workshops:

Grades 1-5 at the Center of Westwoods
Walpole Recreation Department - Summer Camp 2018

2. Do the teachers stay with the kids during the workshop or are the teachers brought out for their session at the same time?

Yes, the teachers will stay with the students during the workshop. During our school workshops, we find it most powerful to present in the classroom so children learn calming techniques in the setting they will be using them in.

3. Do any of the workshop leaders have psychological background?

No, we do not have psychological backgrounds but collectively we have certifications in yoga, meditation, energy healing, and education. You can read our individual credentials listed in our bios included in this packet.

4. How does this relate to the educational atmosphere?

We teach specific physical, mental, and emotional exercises, to help children manage their feelings in the classroom and in daily life.

We show the students how to use their body, breath and mind to regulate anxiety, overwhelm, and fear, around test taking, social situations and more.

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FAQ'S continued

This relates to the educational atmosphere by teaching children where their feelings live inside their bodies so they can access positive feelings about themselves and have more room in their mind and bodies to focus on learning and retaining information.

There is science based research showing how mindfulness is helping children tune into the learning process, assisting them with emotional and self regulation, focus, decision making and more.

We usually can't control the stress that comes our way, but we can control how we respond to it.

Through self acceptance tools, yoga, meditation, breath work, and props, we provide a solid foundation of simple calming techniques children can understand and implement in any situation, at any time day.

You can read more about what we provide at ShineBrightWorkshops.com



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TEACHER FEEDBACK

What do you remember most from our workshop?

- *The various tapping and breathing strategies to promote calming.
- *Learning lots of different calming techniques - shoulder and temple tapping
- *Starfish breathing
- *Colorful rocks and dark rocks to illustrate positive and negative
- *Singing bowl

- *Dream catcher worksheet, which was great because it was interactive and could be easily applied to the upcoming MCAS. The glitter jar, which kids were mesmerized by. And all the positive affirmations for the kids. It was such a fun, engaging, and helpful experience. We loved it!

- *I-am-so-___ confidence booster and other strategies for self-calming/boosting

What do you see easily integrating into you classroom routines from the workshop? (language, phrases, methods, etc)

- *The calming glitter jar & various tapping/breathing strategies.
- *Positive thought, self-calming techniques
- *Everything! This is everything we are practicing every day! Centering our thoughts, being proactive instead of reactive, tapping into our inner strength etc etc
- *Some of the different taping exercises with fingers ("I am confident," etc.)
- *Body tapping to revive/relax, and other strategies for being mindful phrases and language



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TEACHER FEEDBACK

Did/do the children have any feedback to share with us?

- *They absolutely loved it!
- *"I liked the glitter jar because it helped people relax when they had a problem."
- *"I thought that the dream catchers were really creative in the way that they did it."
- *Yes! They love realizing their potential and having real strategies to use when tricky situations arise!
- *The kids LOVED the jar with the glitter in it. Certain kids especially gravitated toward it for days and found it really calming.

What improvements can we make to the workshop? (teaching, strategies, content, length of program, etc)

- *It was great, just the way it was. If possible, I'd love to have a series of the Shine Bright workshops leading up to MCAS next year. If kids could learn about and practice the strategies multiple times, I think it would help them incorporate those strategies during testing, and everyday events.
- *I think having this session before MCAS was helpful, but perhaps even better to have it multiple times throughout the year to allow time to develop those good routines/use of the strategies before getting to the end of year testing.