



3 DAY TRAINING

# WORKBOOK 2

# MEET YOUR INSTRUCTORS



## CHARLOTTE COLLINS X-HAIL FOUNDER

"I'm a Mum, spirit-junkie, music lover and passionate advocate for emotional and physical wellbeing through modern spiritual practice.

I've helped women all across the UK start their own meditation businesses and worked with big names like ITV, GOOGLE, The Real Housewives of Cheshire, GOODHOUSEKEEPING and UNILEVER.

We have created this bootcamp to help you start using meditation and mindfulness with your kids right now, without having to change a thing about who you are! -Guru status not required!

See you on the other side,  
Charlotte x"

## EMMA SNAPE X-HAIL KIDS LEAD TRAINER

"Having worked with children and parents for over 14 years as a primary school teacher, I've seen the struggles as we try to juggle it all and keep the family peace.

I am by no means the perfect parent, but my meditation practice and introducing my own children to these tools has helped massively as we navigated changes in our own family circumstances.

Trust me, you don't have to have it all figured out, you definitely don't have to be a meditation expert to be able to bring some mindfulness and fun into family life.

Enjoy the journey,  
Emma xx"



# X-HAIL

## OUR PROMISE TO YOU

We slow down. We BREATHE.  
We don't try to be different, we own  
that we already are.

We stand for accessible spirituality.

This is for EVERYONE.

There will be no correct clothes.

There will be no correct position.

There will be no right answers.

No glorified teachers.

We whisper encouragement, love  
and unconditional support in all that  
we do.

We teach you to trust yourself and  
dare greatly but we know there is  
nothing about YOU that needs  
fixing.

We know it's not about perfection.

Let it be EASY

**[WWW.X-HAIL.ORG](http://WWW.X-HAIL.ORG)**

X-HAIL'S 3 DAY TRAINING

# USING MINDFULNESS & MEDITATION TO BOOST YOUR CHILD'S CONFIDENCE

## 01

### YOU ARE THE BAROMETER

You'll learn how to tap into your own inner sense of peace no matter how much the kids are doing your head in and WHY this is the most important part of the puzzle!

## 02

### RE-LEARNING YOUR ABC'S

You'll explore our 3 easy pillars of mindfulness and meditation that will help you tackle bedtimes; anxiety; big emotions and more!

## 03

### MAKING IT MAGICAL

You'll discover how to make meditation and mindfulness feel fun for young minds AND feel easy to you!

# BONUS

### LET'S POWER POSE

You'll learn some of our famous X-HAIL Kids mindful movements; poses and breathing techniques which you can share with your kids straight away!



## X-HAIL

# FEEDBACK FROM OUR LAST BOOTCAMP

The masterclass was something I have never experienced in any meditation.....EVER!!!

I had the deepest sleep I have had in ages and woke up still feeling in my power as I did after the meditation before I went to bed.

I had a feeling this was special but without a doubt I know X-Hail UK has come into my life to propel me to my true self and deserved life 🙏💕

Charlotte Collins it was truly Amazing !!! I honestly felt I had wings ❤️❤️❤️ Thankyou Char



I really enjoyed this Charlotte thank you! Great advice and lovely meditation ritual experience. Very moving 💕🙏

5 h Love Reply



I'm walking around the house like Wonder Woman !!! Xx

50 m Love Reply



I really enjoyed it, one of the best guided meditations I've ever done. Thank you 🙏

42 m Love Reply



X-HAIL  
KIDS

# RE-LEARNING YOUR ABC'S



## KEY POINTS TO REMEMBER

Understanding the principles of mindfulness and meditation helps you embed the benefits of both into every situation that you may encounter with the children in your world.

**When a child is stressed; very hungry or thirsty; feels fearful or threatened; experiences overwhelming emotions even if they are positive the pre-frontal cortex goes offline.**

What this means is that the child loses some or all of their ability to:

- have logical/rational thought;
- make decisions;
- understand who they are and what they stand for;
- solve problems ;
- and even to understand language.

Therefore it's really important to help the child regulate and bring the pre-frontal back online before anything else.

Mindfulness and in particular having an internal focus plus meditative practices like body scans and breathwork help bring the pre-frontal back online and help young people process emotions quickly but also in a healthy manner.

Understanding and using X-HAIL's ABC's provides a framework to help make supporting your child in difficult situations much easier.

# YOUR NEW ABC'S

## **A**

### **AWARENESS**

Support the child to move the focus back into the body.

## **B**

### **BALANCE**

Encourage the child to use breathwork or exercise to bring the body and brain back into balance.

## **C**

### **CALM-CHECK IN-CHAT**

Allow the child to settle and access their natural state of calm; confidence; creativity and compassion before checking in and discussing what they have just experienced.

Use this space to list 3 situations where your child or the children that you work with, may need you to help support them emotionally

