

X-HAIL
KIDS



3 DAY TRAINING

WORKBOOK 1

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

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

X-HAIL TRAINING DAY 1

YOU ARE THE BAROMETER



KEY POINTS TO REMEMBER

It starts with YOU.

In order for your child to feel calm; confident; use their natural creativity and have self-compassion they need to feel that from you.

This feeling is communicated in two ways:

1. Via your own behaviour- children model: they do what we do not what we say
2. Via your nervous system.

There is an electro-magnetic field around your heart. On this field travels information about your heart rate and breathing rate plus about your emotional state.

Our nervous system responds to the electromagnetic field of others.

If your heart rate, breathing rate and state suggests that there is reason to feel unsafe those around you will also feel unsafe.

Feeling unsafe can lead to us experiencing anger; rage; confusion; hyperactivity etc... and makes us disconnect from our natural state of calm, confidence, creativity and compassion.

Taking steps to calm your own nervous system each day can influence the nervous system of your whole family.

HEART FOCUSED BREATH

Follow the steps in the video and below to move to a space of peace and calm regardless of how much the kids are doing your head in!

STEP 1:

Place gentle awareness on the heart space

STEP 2:

Breathe into and out of the heart slightly slower breath but still natural flow

STEP 3:

If you can, aim for an equal inhale and exhale

STEP 4:

Practice for 5 minutes minimum

OPTIONAL STEP 5:

Move to a place of gratitude by thinking about a person/place/thing that brings you joy or something that you are unconditionally grateful for. You can use the next page to create a gratitude list each morning to support this practice.

Use this space to list 3 things that you are grateful for each morning of the challenge:



Use this space to record how you feel emotionally and physically after each morning's heart focused breath and gratitude practice

