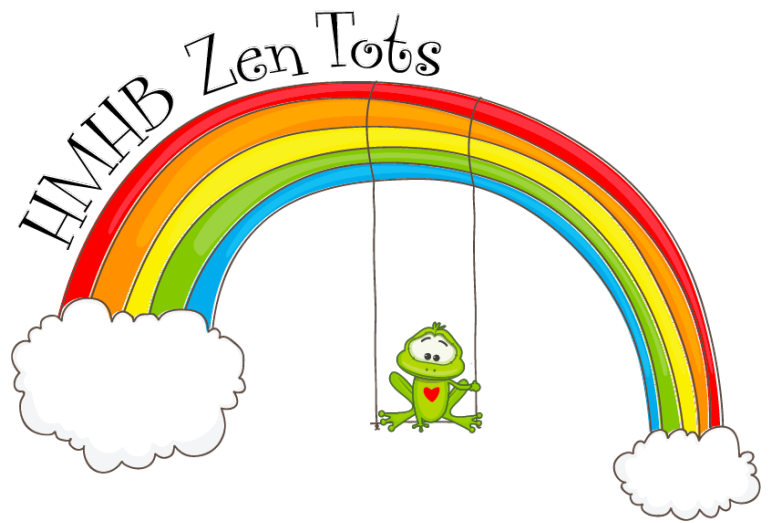


**HMHB Zen Tots**  
is a self-  
awareness &  
character building  
program for  
ages 2-4.



**Give tots the tools they need to grow  
from the inside out right from the start!**



**LESSONS 1 & 2**

**BREATH:** Daily  
Practice

**LOVE:** Daily  
Practice

**LESSON 3**

**FEELING  
FEELINGS:**

How to feel big  
feelings

**LESSON 4**

**CREATIVE  
COLORS:**

Colors  
purposefully  
helping us

**LESSON 5**

**NATURE:**

Connecting to &  
experiencing  
nature

**LESSONS 6 & 7**

**AWAKE &  
AWARE:** Attention  
& Memory

**SHARING &  
CARING:** Getting  
along



HMHB Zen Tots™ program includes lessons that can easily be taught in pre-schools, “parent and me” classes, nursery schools, after-care programs, and at home. With fun daily practices, songs, dances, coloring pages and games, your tots can learn how to have exceptional control over their own body and emotions, all the while developing greater insight into themselves and others around them. Grown ups have their own learning materials, too, to grow as connected caregivers.

# HMHB HEALTHY MINDS, HEALTHY BODIES



HEALTHY MINDS  
HEALTHY BODIES  
KIDS' PROGRAM ©



## HMHB *Manifesto*



### *We Believe:*

"Education of the mind without education of the heart is no education at all." -Aristotle

**Wellness Education** is meant for all children, of all ages, regardless of apparent emotional or social "problems" needing to be addressed. It's not only about physical health, how to get along with others, or following rules. It's giving all children the opportunity to realize their own innate and limitless potential to help themselves through their own awareness. This is a comprehensive approach to living, to learning. A conscious evolutionary approach to how we see ourselves, the world, and others, and it impacts every facet of our lives. It's genuine problem-solving and preventative health.

The mind is not separate from the body. There is an imperative need to consider, in terms of education, that the thinking mind requires a different type of discipline than what's required for the continued development of our innate awareness. Which, when developed, gives us deep understanding, compassion, healing, and autonomy for our entire lives, while costing us nothing.

"Children are apt to live up to what you believe of them." -Lady Bird Johnson

**We are born** into this world having nothing but the seeds of pure awareness to teach us about how to relate to everything, namely through our senses. As children progress to become self-aware, it is our duty as stewards of young citizens to encourage and provide the opportunities necessary to further develop this natural gift of self-awareness. All children are fully capable to be still, be thoughtful, be reflective, and choose to have a choice in how they respond to themselves, others, and their environments. All children deserve this type of education. All children deserve to experience for themselves the benefits of self-help; progress being its own reward, the tremendous beauty of harmonious thoughts, words, and actions, and that joyfulness and peacefulness are indeed an actual way of operating in this world.



# ZEN TOTS PROGRAM PRICING

**Our goal is to make HMHB easy as 1-2-3!**



**Whether you're at preschool, daycare, aftercare or home, HMHB Zen Tots has an affordable program for you.** Your Group Leader will be the main point of contact for setting up HMHB Zen Tots for your school or group. See below for the HMHB Zen Tots Program costs. Contact [hmhbprogram@gmail.com](mailto:hmhbprogram@gmail.com) or call 805-628-9211 anytime with general questions, special pricing requests, or help with purchasing.

## THE PROGRAM — A Flat Fee 1 YEAR Access To Full Digital Program

### PRICING:

The fee for access to the full HMHB Kids Program is divided up by group size:

- \$150 (groups 1-50)
- \$250 (groups 50-100)
- \$350 (groups 100-200)
- \$450 (groups 200-300)
- For groups over 300, contact HMHB for personalized pricing

Every consecutive year an HMHB program is used, we will take 10% off your original full program cost. Our programs improve every year.

### WHAT COMES IN A FULL PROGRAM:

- **Zen Tots Program, 10 Lessons with accompanying videos & handouts**
- **Contract with Participating Site & Group Leader**
- **Our Group Leader Training Workshop Video**
- **Online & Verbal Support** (weekly 15-minute video chat or phone call with a certified HMHB teacher that you can use alone or with your group and email support during business hours.)

## THE PEOPLE — Partners In Progress: HMHB Group Leaders

The Group Leader is our point of contact and our partner in progress. We will sign a contract with the Group Leader and provide them with the **Group Leader Training Workshop Package** to give Group Leaders an experience with our practices before beginning a full program. A Group Leader can be an involved parent, teacher, or mentor committed to the success of their HMHB full program. Our digital programming is made to be very user-friendly, and at your own pace, though if Group Leaders or supporting staff have any questions along the way, we are here to be of service!